NATURE'S GOLDEN TREASURE

Honey Cookbook

Here's the buzz about bees

The honey bee is good for more than just honey. It is a vital link in our food chain.

More than a third of our food supply is dependent upon or helped by bee pollination.

Here are some other facts about bees and beekeeping. They were provided by the National Honey Board, the Oregon State Beekeepers' Association, Willamette Valley Beekeepers' Association, Heins Oregon Trail Foods Inc. of Albany and other sources.

- There are an estimated 3.2 million colonies of bees in the United States.
- All of the work in a hive is done by the workers, sexually underdeveloped female bees.
- The lifespan of a bee in summer is about 21 days. When a bee emerges from its egg, it is ready to go to work.
- Honey is about 1½ times sweeter than sugar.
- A honey bee will produce about one-twelfth of a teaspoon of honey in its lifetime — just about a drop.
- To make one pound of honey, bees must visit about 2 million flowers. They will cover more than 55,000 miles to do so.
- There are more than 300 varieties of honey.
- A honey bee can fly about 15 miles per hour.
- A type of wine made from honey is called mead. A Scotch liqueur made from honey is Drambuie.
- Honeycomb cells have six sides.
- The per capita consumption of honey in the United States is 1.1 pound.
- Utah is the beehive state.
- Honey bees have four wings.

How to use honey instead of sugar

Chicago Tribune

Honey can be substituted for sugar in many recipes, but there are certain guidelines to be followed, according to the National Honey Board:

- Substitute honey for up to one-half the sugar called for in a recipe.
- Reduce the amount of liquid in the recipe by ¼ cup for each cup of honey used; honey adds moisture.
- Add ½ teaspoon baking soda for each cup of honey in baked goods.
- Reduce oven temperature by 25 degrees to prevent overbrowning of baked goods.
- For easy removal, spray measuring cup lightly with vegetable cooking spray before adding honey.
- A mild honey, such as clover honey, is best for baked goods with a delicate flavor. A stronger honey, such as buckwheat, might be desirable in heartier recipes, such as gingerbread.

NATURE'S GOLDEN TREASURE

Honey Cookbook

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Handling honey

Thus, she warns chefs to be careful when cooking with honey. If a recipe calls for heating honey, warm it in a double boiler. If the honey is so hot it burns your finger tip, it is too hot. And if a recipe calls for boiling, then add honey after the mixture has cooled.

To substitute honey for granulated sugar in baked goods, the National Honey Board offers the following tips:

- For every cup of sugar, use ½ cup honey, ½ cup sugar.
- Reduce the amount of liquid in the recipe by ¼ cup for each cup of honey used.
- To neutralize the acidity of honey, add ¼ teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25 degrees to prevent over-browning.
- In unbaked goods, honey can be substituted one-for-one for sugar.

"Use honey every day," says Harman, "and say thank you to a honeybee."

Here are a few of Harman's favorite honey recipes.

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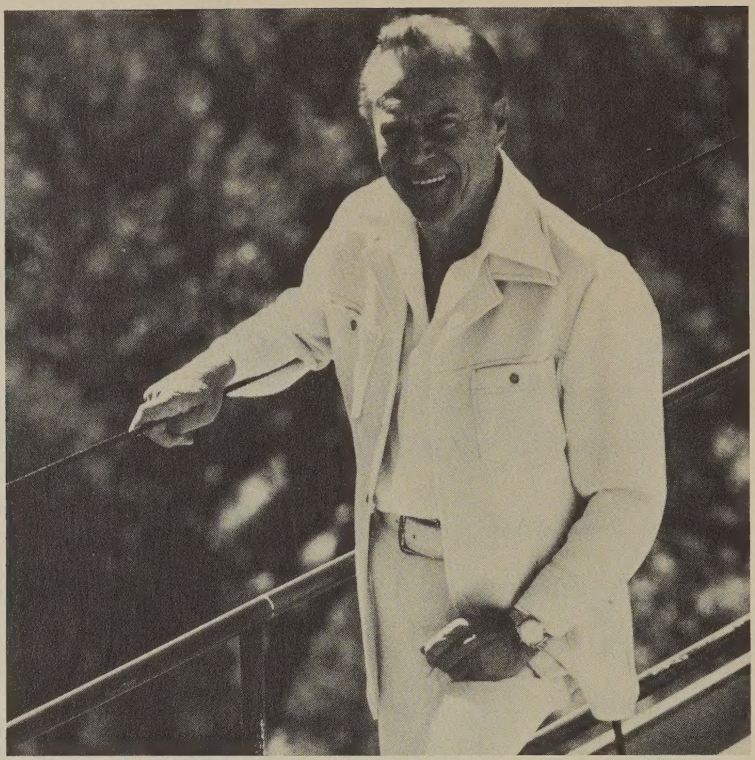


Joe Parkhill

Joe Parkhill has lived with bees all his life. As a youth in his native Ozarks, his family moved several times – and he recalls that the first order of business was moving the hives to acclimate the bees to their new home. His folks considered the pollination by bees to be as essential to life as water. Honey was simply a bonus, to be used in cooking and home remedies.

Boyhood fascination led the author to eventual association with the Arkansas State Apiary Department, then on lecture tours to over thirty states, Canada, Europe and Russia. He served as President of the Southern Beekeepers' Association and on the Executive Board of the American Beekeeping Federation. His popularity as lecturer and television talk show guest continues to be high today.

Now retired after serving as Sergeant-At-Arms for the Arkansas House of Representatives under five Governors, Parkhill shares with us his personal collection of honey recipes gleaned from family records and extensive world travel and correspondence.

Joe Parkhill gives the world's oldest known sweetener new life in this book which is as lively as the bees who were his collaborators.

Joe Parkhill

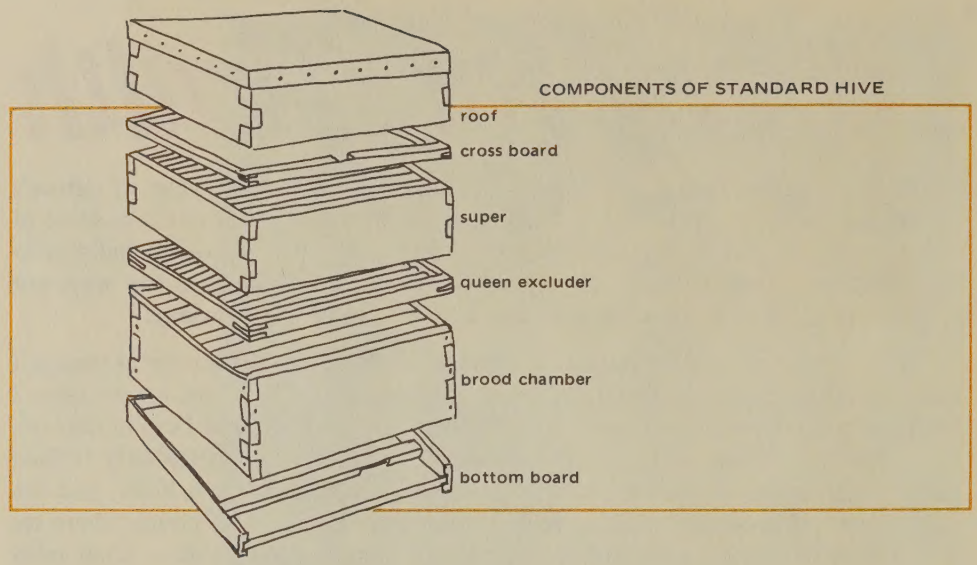
Honey For Health

Perfect is the unequivocal adjective for honey, because it is one of nature's purest and most complete foods. Nutritionists agree that honey contains some of every nutrient required to maintain good health. Because it is a clever and matchless creation of nature, man can neither better it nor imitate it in any way, nor can he refine, take away, or add to it and still call the product "honey."

Honey has been the sweetener at my table and in my kitchen for as long as I can remember, and I can't imagine using anything else. Of course, on occasion I have eaten foods sweetened in ways other than with honey, and I can always tell the difference. Those recipes that call for other sweetening, particularly refined white sugar, seem to lack the inherent wholeness, the depth and body, and the overall natural goodness of those recipes that feature honey. Of course, there are dishes that require no sweetening at all; but for the many that do – from salad dressings to desserts – honey is the perfect sweetener!

As time and truth would have it, nutritionists and doctors now know that the modern American consumes, among other things, far too much processed foods. These experts are also beginning to realize that our poor diet, filled with "empty calories," is having a detrimental effect on our health. Heart attacks, obesity, high blood pressure, strokes, and cancer have all been linked with the excesses of our modern diet. Yet, these same experts know that we need sugars in our diet – not just for taste, but for health reasons. The answer to this dilemma? Honey, of course! With honey, it is actually very simple to remove these nutritionally unsound foods from our diets. In fact, including honey in all areas of the meal plan revives the art of cooking, and makes meals far tastier, more satisfying, and much more healthful. So, use honey every day, just as you would use any all-purpose sweetener. Eliminate all those processed and "junk" foods from your diet. You will see your health improve, you will feel and look better, and you should find that your weight will be easier to control.

My confidence in honey is directly related to my beekeeping experiences. I know that honey comes from the most inscrutable source of all, and I have seen the scientific evidence proving honey's goodness and purity. Beekeeping, a delightful, rewarding, and unique avocation, is just as its name suggests: man merely keeps the bees. He entices them to live in a hive, and they do; but in no way does he really own them. In a very independent manner, the bees go about their business pollinating the flowers and giving us honey. At will, they could swarm away from a particular hive and relocate elsewhere. Luckily, the honeybees are not this foolish. If the beekeeper is doing his job properly, the bees know that their surroundings are good, and they will stay and stay. Yet, though man may manipulate the bees, he is not able to improve on their work or further glorify the results. Bees are efficient, loyal, selfless, hard working, and even rather intelligent – all this despite their tiny size. And contrary to popular belief, they are really



quite docile. If honey is their food for survival, then why shouldn't it be one of ours?

Beekeeping and honey production, then, go hand in hand with the miraculous cycle of nature. And honey is the superlative reward for a very gratifying endeavor. City dwellers, suburbanites, and rural folk alike can be successful beekeepers, as it is easy to gain the necessary knowledge and experience. And, as no beekeeper's day is ever quite the same, he is always learning, ever fascinated, and constantly rewarded.

The honeybee colony is an astonishing, thriving home for as many as 50,000 members – and sometimes even more. In nature, bees usually colonize in a hollow tree, but in an apiary or beeyard, their nest is termed a hive. The modern hive is a series of boxes stacked atop one another, each nearly square and somewhat shallow. Inside of these boxes hang frames in which the bees build their hexagonal-celled combs. The bottom sets of boxes and frames are the actual working and living area for the colony of bees; all the boxes stacked above (called supers) are placed there by the beekeeper for the bees to fill with honey. Three types of bees live in this colony: the queen bee, the drones, and the worker bees.

The queen, which lives for 2 to 3 years, exists primarily to lay eggs. She mates only once, and is then capable of laying 1500 or more eggs every day until her death. She is the center of attention for the other members of the hive, although she does not rule the hive. When she is nearby, all the other bees exhibit a particularly excited behavior. They feed her, raise her young, and protect her. When she dies without warning, the rest of the colony actually makes an audible wailing sound that they make at no other time. Yet, if the other bees sense that their queen's usefulness is waning, they will begin to raise another queen. Then when her egg-laying abilities are finally gone, they kill her. One bee makes this decision and begins to follow the old queen around angrily until hundreds of the

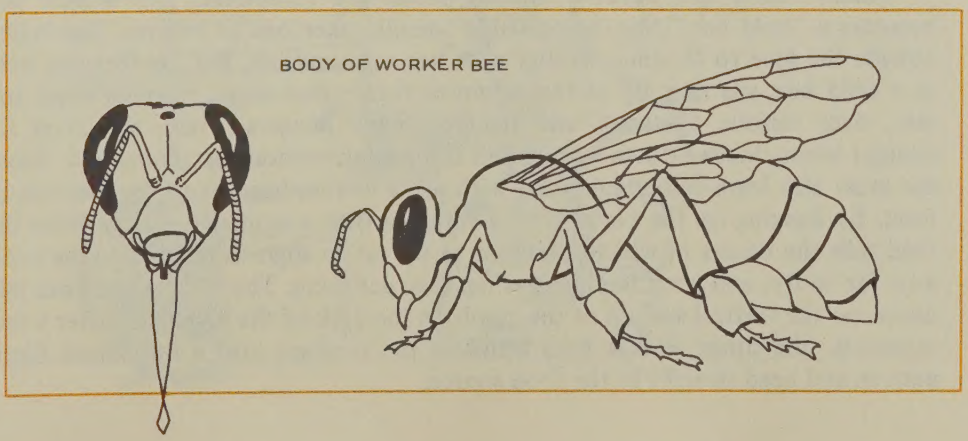
others understand. They ball her up in beeswax and she perishes. The new queen bee then takes over.

When necessary (usually at the beginning of Spring), the queen bee lays unfertilized eggs, which produces drones. Their only purpose in life is to mate with a new queen. Afterwards, they are tolerated only as long as food supplies are ample and conditions in the hive are favorable. But, because drones have no stinger and are unable to gather pollen or nectar, they are useless. When food gets low, or the other bees are too busy to care for them, the drones are pushed out of the hive to die. So, during most of the year, the honeybee colony is made up of one queen and 50,000 worker bees (sexually immature females).

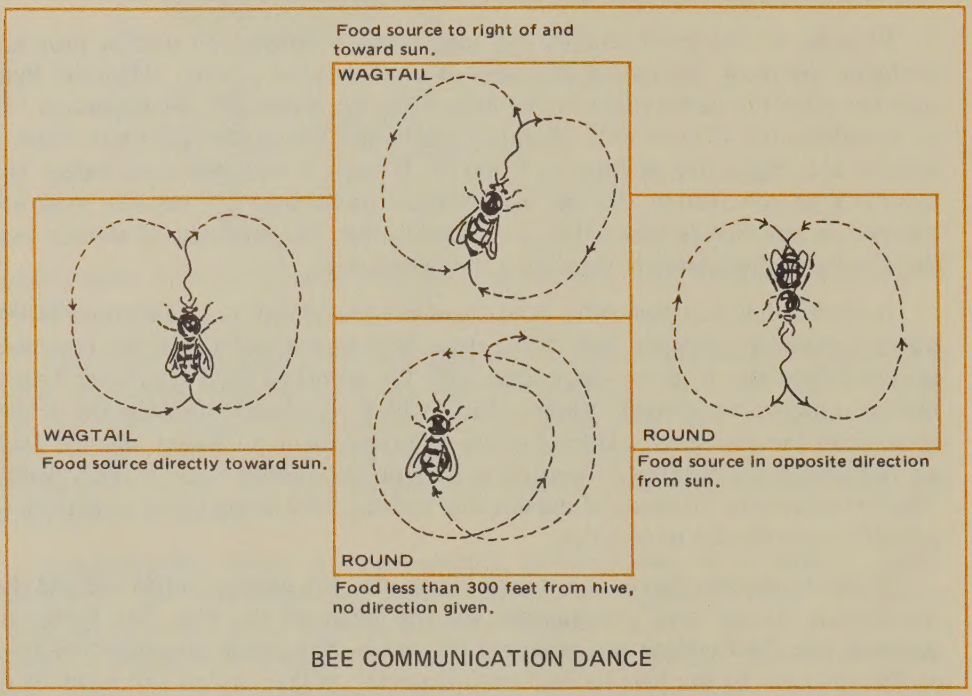
Because of the great number of tasks they perform, the worker bees are probably the most fascinating members of the honeybee colony. Not more than one day after the new worker bee emerges from her brood cell, she begins her life of unending toil. If born in the Spring, right before the peak of the nectar flow, a worker bee might live as long as 5 weeks. If born in October, right before the inactivity of the Winter, she can live through the Spring. Yet, because most are hatched in the Spring when they are needed most, the majority of worker bees literally work themselves to death in a very short time.

A worker bee's earliest duty is to clean the brood cells in preparation for the queen's egg-laying process. She cleans these cells with a meticulous and thorough licking. When she is about three days old, the worker's head glands are finally mature enough to secrete "royal jelly," which she begins feeding the larvae growing in the brood cells. If food supplies are low for some reason, she will draw on her own body reserves to insure the lives of the unborn bees. It takes nearly 3000 workers over 10 hours of nursing and feeding for a single larvae to emerge as a healthy contributor to hive life.

When the worker bee is about two weeks old, her nursing duties end and she becomes a "house bee," responsible for the inside of the hive. She begins to produce wax for building and repairing the comb. She meets the older field bees at the entrance to the hive to help unload nectar, pollen, water, and propolis (a sticky plant substance used in hive building). She is then responsible for storing, curing, and capping these food supplies with beeswax, also for distributing them



to the brood in the cells. When needed, she also cleans house, removes dead bees, dead marauder insects, and feces. She protects the hive from invasion. If the hive gets too hot (it will melt at 115 degrees F.), a great number of these tiny workers will stand rigidly at the entrance and fan their wings 400 times per second to cool the hive. Failing this, thousands of worker bees will drop whatever they are doing, fly out, bring back water in their honey stomachs, and bathe the entire hive in water. This together with the fanning, works like an air conditioner to cool the hive quickly and effectively.


Food source to right of and toward sun.
WAGTAIL
WAGTAIL
Food source directly toward sun.
ROUND
Food source in opposite direction from sun.
ROUND
Food less than 300 feet from hive, no direction given.

BEE COMMUNICATION DANCE

Finally, after her days of tending house are completed, the worker bee becomes a "field bee." She has probably already taken one or two test flights just outside the hive to become familiar with her surroundings. But, on foraging trips as a field bee, she may fly as far as two or three miles away, through wind and rain, over various obstacles, and through many dangers. Then, she must fly straight home, loaded down with pollen and nectar, without becoming lost. Soon, she must also learn to communicate with other worker bees about the location of food. By dancing on the comb after a foraging trip, a worker just back from the field tells the others in which direction to fly (at an angle in relation to the sun), how far to fly, and what to expect when they get there. The worker bee does this dance on the vertical surface of the comb, in the dark of the hive. Yet, after a few moments, the other worker bees translate the message into a horizontal flight pattern and head straight to the food source.

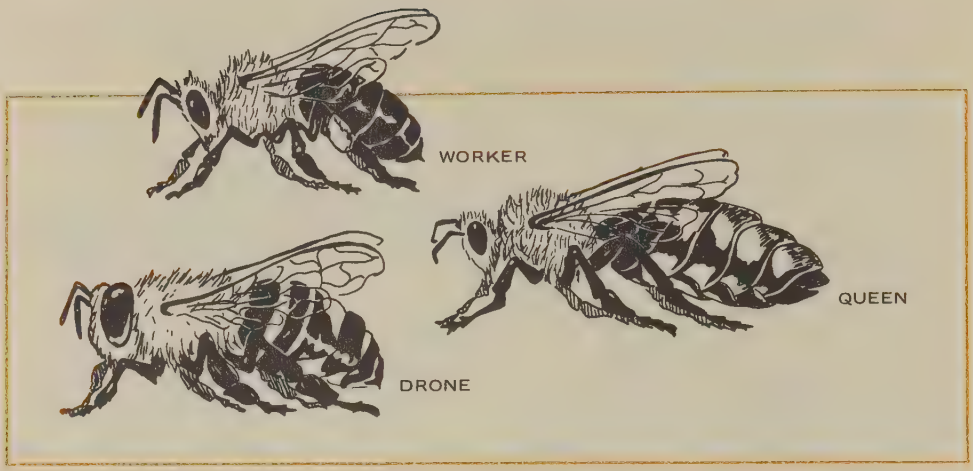
Scientists and beekeepers have never discovered how the worker bees know what to do and when to do it. No worker really stays with a certain job for any given time. Instead, she does as the situation demands. A field bee will nurse larvae in an emergency, and even very young worker bees have been observed in the field. There is no supervisor and no apparent hierarchy, yet all that needs doing gets done. During the peak of the nectar flow, a worker bee will make trip after trip all day long to bring in the abundance of nectar and pollen. At night, this same worker will fan the hive, not only to cool it, but to evaporate moisture from the nectar to make honey. Workers have been observed taking half-hour "naps" during this time, but will "rest" all night long in an empty cell once the honey flow is slight. When a worker bees' wings begin to wear out, every trip she makes to the fields becomes harder and harder. Finally, the worker will crawl away to die. Many beekeepers have tried to put travel-worn worker bees back at the entrance to the hive, only to watch them crawl away again, finally to die. It seems that the bee knows her usefulness is over and chooses to use her last bit of energy to go away from the hive to die rather than make more work for the others who would have to push her out. This same cycle has continued in the honeybee colony for millions of years, and should continue to do so.

These few observations on the life of honeybees can only hint at how intriguing and fascinating beekeeping and honey garnering can be, both as a hobby and as a livelihood. It is a superb way to get close to nature, to deal with the sun, the rain, the seasons, as well as a variety of insects and animals. Moreover, the presence of sparkling, nutritious honey on the table and in the kitchen brings the goodness and perfection of nature to every meal every day.

Honey: "The Dew Distilled from the Stars and the Rainbow"

Aristotle's time-honored statement about honey is as true today as it was many centuries ago. Honey is unique in nature – a wondrous treasure for man, as well as a source of mystery and delight since earliest recorded history. Honey will continue to mystify man because, despite scientific effort, he cannot manufacture honey for himself. Only the bees seem to have this ability, and man has discovered only enough to know that he cannot imitate them. Honey will also continue to delight man as much as it mystifies him because he can find its superbly unique flavor in no other food. And, just as he has for thousands of years, man still prefers honey in favorite recipes and food combinations, beauty preparations and health aids.

It was sparkling, golden honey that attracted man to the beehive so many thousands of years ago. Since then, honey has been an important symbol in almost every known civilization. Above and beyond its use in everyday food preparation, honey was featured in marriage ceremonies, funerals, ritual sacrifices to the gods, and even used in place of gold to pay taxes. The Dead Sea Scrolls mention honey, and in Roman mythology, Amor, the god of love, dipped his arrows in honey. Roman hosts greeted their guests with fresh honey saying, "Here is honey which the gods provide for your health." As the "elixir of life," honey was recognized as the cure for malnutrition, old age, insanity, stomach and nerve disorders, and infections, as well as for burns and surgical wounds. Because honey provides an abundance of energy very quickly, Greek athletes drank a rich mixture of honey and water before competitions.



Because of his love for honey, man became intrigued with the honeybee at a very early date. As early as 7000 BC, bees were included in the drawings on the Egyptian Pharoahs' tombs, while ornate containers of honey and honey breads were also buried in these tombs. Aristotle, in 334 BC, and Virgil, in 40 BC, both recorded detailed observations on bees and honeycombs in their writings. Even today, scientists, beekeepers, and students of all ages continue to study bees, fascinated by the organization of the colony, the cycles of life, and the production of honey.

Stone Age man probably stole his honey from the honeycombs of wild bees. Undoubtedly though, these early people learned very quickly to make simple hives so they could have the honey close to their dwellings. The first man-made hives were probably hollowed-out logs, which were later replaced by pear-shaped hives made of mud or clay. Then, the hive became basket-like skeps made of straw. Early beekeepers, through the middle ages and beyond, did manage to harvest plenty of honey from their crude hives. It was a rather imperfect procedure, however, usually completed at the expense of the bees. The keeper would first kill the bees with hot water or sulphur fumes, then remove the honey and beeswax, and begin again with a new colony.

Honeybees came with the Pilgrims to America in 1620. Within a very few years, bees and honey were plentiful in Virginia. Honeybees, which the Indian called "white man's flies," were new to America, and a source of mixed interest to the natives. One Indian is said to have remarked, "White man makes horse work, makes ox work, and now makes fly work – I think it is time for red man to move on." By the mid-1700's, bees had either swarmed on their own or travelled with the settlers down the Ohio River Valley, on through the Cumberland Gap, and were soon common to Tennesee, Kentucky, and Ohio. By the Census of 1850, beekeeping and the production of honey and beeswax had spread to states

even farther West, including Texas, Wisconsin, Illinois, Iowa, Arkansas and Louisiana.

Only since 1851 have beekeepers known how to build a hive (the term for a man-made bee colony) from which he could remove the honey without disturbing or destroying the bees. And, despite the early and constant importance of beekeeping and honey in history, it has been only in the most recent generations that man has come to fully understand the bees' true and most important work in nature – the fertilization and cross-pollination of trees, crops and flowers. Without this knowledge, man could not have brought modern agriculture to the point that it is today. Also, he could not have made commercial or hobby honey production as good for the bees and the farmer as it is easy and rewarding for the beekeeper.

In spite of our rather detailed knowledge of the history and science of beekeeping, honey still remains one of nature's modern mysteries. It is important to note here that bees do not actually make the honey from the nectar they gather by any chemical action. Moreover, no one has yet identified all the constituents of honey, or discovered just exactly how it is made. Honey production begins as the honeybees go from flower to flower gathering pollen and nectar to feed their developing young and to store for the winter. Then, from the time the bees gather the nectar in the fields, it begins to make itself into honey. This process continues as the nectar supplies are passed from bee to bee as it is being stored in the hive. Then, in fanning the hive to keep themselves cool, the bees merely create the proper conditions for the evaporation of moisture from the nectar. Enzymes needed for the correct sugar breakdown are self-contained in the nectar. It would seem that the bees are totally unaware that they are ensuring generation after generation of flowers and trees, benefiting the farmer, and delighting the honey lover and beekeeper, as well. It is as simple and mysterious as that.

Long before man ever dreamed of analyzing honey, it was King Solomon's advice to "Eat honey, my son, for it is good," and scientific findings have since proved that. Nature has been producing honey and the bees have been thriving on it for millions of years. If, as the saying goes, practice makes perfect, then honey is one of nature's most perfect foods. Agricultural scientists have tested honey produced from plants heavily sprayed with pesticides and found that it never contains even a trace of any foreign chemical. Medical scientists have found that bacteria cannot live in honey, even though with its high sugar content it would seem to be the perfect medium for bacterial growth.

Laboratory analysis shows that honey is basically a supersaturated solution of glucose: 17% natural moisture and 79.5% various natural sugars. But, more importantly for us, the remaining 3.5% is protein, minerals, vitamins and acids, as well as the various flavor, aroma, and pigment substances. The amounts may seem

small, but nutritionists are quick to point out that honey is one of the few foods that contain all the substances considered necessary to sustain life. In this day and age, when no health-conscious person wants to eat even one "empty calorie," the healthful properties of honey are truly outstanding.

Honey is equally important in family recipes that call for an all-purpose sweetener because its variety of flavors, aromas and uses make it both inexpensive and indispensable. As many cooks have found, honey does more than sweeten and nourish – it adds its subtle depth, body, and mellow flavor to any dish in which it is used. Bakers have long relied upon honey as a necessary ingredient in all their tastiest products, not only for the flavor and color it adds, but because honey assures a moist and tender texture in all breads, cakes, and other baked goods.

HONEY-ROSE PETAL WINE

4 qt. fresh rose petals
4 gal. boiling water
6 lb. honey
4 lemons
1 qt. eglantine leaves (opt.)
1 oz. yeast (baker's or wine)

Place the rose petals in a clean, warm ceramic crock. Pour the boiling water over these. Cover and let stand for five days, stirring every day. Strain; pour back into the crock. Add the honey, sliced lemons, and eglantine leaves; stir well. Add the yeast, which has been softened in one-half cup of lukewarm water. Cover and let stand for two weeks. Strain again and pour into bottles. Leave the bottles uncapped for three days; then cap and cork. Do not drink for at least two months.

The real beauty of honey, especially in comparison with other sweeteners, is its many types and their differences. The personality of any honey depends entirely upon which flowers or crops are in the foraging area of colony of bees. About 100 plants are known to provide over 90% of the nectar for honey, although there are thousands of plants that produce nectar. Today in America, honeybees depend mostly upon fields of clover, alfalfa, cotton, soybeans, and citrus trees, as well as asters, dandelions, goldenrod and sage.

TYPES OF HONEY

Clover Honey probably the most popular honey, commands a premium price because of its white to light amber color and mild and aromatic flavor.

Alfalfa Honey is also light in color, with a pleasingly mild aroma and flavor. Because it granulates slowly, it makes excellent chunk, comb, and section honey. It is very often blended with the darker, stronger honeys.

Citrus Honey also known as "Orange Blossom Honey," is very light in color with a distinct flavor, if it is pure. Most citrus honey is a combination of the nectar from oranges, lemons, limes, and grapefruit, as these so often grow in the same area.

Cotton Honey compares with any honey of the finest quality, and is light amber in color, with a mild flavor.

Soybean Honey is also light and mild. Its popularity is increasing with the rise in popularity of soybeans as a cash crop.

Buckwheat Honey is becoming more and more rare in the United States, although there are people who would go to any expense to get this honey, because of its distinctive, strong flavor and lovely dark color.

Aster Honey varies from the light and mild variety of honey, to honey that is dark and distinctive.

Basswood (Linden) Honey, which is water white with a very distinct flavor, is also becoming rare in the United States, because basswood forests are declining.

Goldenrod Honey is very thick and heavy, with a deep golden color. It also granulates quickly, so is very often sold to bakeries.

Dandelion Honey varies from bright yellow to amber in color, although its flavor and aroma are very strong. It is usually sold to bakeries, as it granulates very quickly.

Sage Honey, also known as California Honey, is premium honey because it is beautifully white with a marvelous flavor, and will not granulate.

Other plants that produce honey with a mild flavor and pleasing aroma include the lima bean, the cranberry and the palmetto. Apple, plum, and cherry trees all produce a light-colored honey with a superb flavor and aroma. Blackberry nectar produces a light honey similar to clover honey. Gallberry honey is also very light with a pleasant taste. The maple tree produces a pale amber honey known for its fine granulation – a plus for retailers of "creamed honey." On the other hand, light amber tupelo honey from the sour gum tree is preferred by some honey wholesalers because it does not granulate. Eucalyptus produces a very heavy, amber-toned honey, while tamarisk honey is dark brown with a minty aroma.

Without any doubt, the honey lover can choose a variety of flavors to complement his table. There are various forms of honey available, for added convenience and singular enjoyment.

Liquid Honey is extracted from the comb, then immediately heated to about 140 degrees F. to prevent granulation and fermentation. It is then strained, cooled quickly, and packaged. Honey prepared in this manner will keep for many months without granulating, or losing its flavor and aroma.

Creamed Honey – is crystallized honey that is used as a spread for breads and rolls, a filling for sandwiches, and an icing for cakes and cookies. The best creamed honey is a homogenized blend of liquid and finely-grained honeys, and should be very smooth and spreadable.

Comb Honey is considered a "natural" gourmet treat and can be found at roadside stands, fairs, farmer's markets, and shopping center sidewalk sales. The best comb honey is derived from clover and citrus blossoms and is considered both wholesome and beautiful. The honeycomb should be chilled 30 minutes before serving to prevent the loss of honey from the comb.

Cut Comb or Chunk Honey is liquid honey poured into a container that holds a chunk of honeycomb. Quite recently, small chunks of sealed comb honey have become available, wrapped in plastic and packed in individual cartons, rather like bars of candy.

Because of its personality and adaptability, honey is really the perfect all-purpose sweetener. Contrary to what many cooks believe, honey does not overpower or intimidate the flavor of any food. Instead, honey brings out the individual character of most any meat, complements the crisp, distinct flavor of vegetables and salad ingredients, and adds a delicate touch to fruits, while it sweetens desserts without adding heaviness, and spreads on breads, rolls, muffins and toast without hiding their texture. Honey of compatible flavor can also add a delightful touch to tea, coffee, fruit juice, punch, and various cocktails.

With all the types and varieties of honey from which to choose, there is every reason to read the label before buying. It will specify whether the product is citrus honey, clover honey, comb honey, and so forth, so you will know *exactly* what you are buying. Be sure that the label reads "100% Pure Honey" and the product should be 100% delicious. There are some people who hesitate to buy honey because they have heard that commercial beekeepers feed their bees sugar water. Fortunately, the bees won't allow any such trickery. They can and sometimes do survive on sugar water late in the winter when their cold weather supplies of honey are gone. The beekeeper does this only to keep his colonies alive for a few weeks, then when Spring comes, the bees fully ignore the sugar water and gather nectar and pollen instead. Therefore, the winter sugar water supplement is stored in the hive only as concentrated sugar water, and there is no possibility that it can ever be marketed in the place of honey. Astonishingly enough, 550 bees must visit about 2.5 million flowers and fly 35,584 miles to make just one pound of honey. Considering these facts, as well as the nutritional value and versatility of honey, it is worth every penny of its price. If its cost were based on the effort and excellence the bees put in to producing it, no one could afford to buy it!

HONEY FOR BEAUTY

Through the long and captivating history of honey, it has also come to be known as a superb Beauty Food. Queen Anne of England had a honey treatment for her famously magnificent hair. Though extremely simple in its content, this recipe for Queen Anne's hair "elixir" was so closely guarded that it became known only after her death.

Queen Anne's Honey Hair Bath

Take one cup of honey and one-half cup of the finest grade of cold-pressed olive oil. Mix the two ingredients thoroughly with an egg beater or in a blender, and store in a tightly covered jar or other container. Try to prepare the mixture one or two days ahead of time, but do not refrigerate. About one-half hour before shampooing your hair, condition it with this honey brew. First, shake the mixture vigorously, as the oil and honey will have separated. Then, apply a generous amount of the solution to the hair; work it thoroughly through the hair and into the scalp. Next, wrap a plastic bag or warm towel around your hair and fasten it snugly. Leave the honey bath on your hair from 15 to 30 minutes, depending on the texture and condition of your hair prior to the treatment. As the treatment tends to darken hair, it is probably best to use it only on dark hair. When the treatment is complete, shampoo your hair as usual. Rinse well and towel dry.

HONEY FOR THE FACE AND SKIN

Honey also makes an excellent facial, and can be used by itself, or in combination with other ingredients. When applying honey to the skin, first moisten your fingers with warm water and shake off the excess. Pull your hair back and use a towel to protect your collar and shoulders. Pat the honey gently onto your face and neck, allow it to remain about 20 minutes, and then rinse with warm water. If you have oily skin, add a few drops of apple cider vinegar or lemon juice to the rinse water.

There is another honey skin toner that does wonders for the delicate skin around the eyes. To make this preparation, combine one teaspoon of warm honey with one unbeaten egg white. Mix these ingredients well, then with moist finger tips, pat the mixture into the area around the eyes. Always use a gentle patting motion. Allow time for the honey-egg white mixture to dry on the skin, and then remove gently with warm water.

To create a honey mixture that will help to soften the facial skin, combine one-fourth teaspoon of apple cider vinegar or lemon juice with one tablespoon of honey. Beat these ingredients well then spread over the face. Let it remain on your face for fifteen minutes, rinse gently in warm water and pat dry.

Treat rough, dry areas of skin anywhere on the body with a mixture of equal parts of honey, lemon juice, and vegetable oil. This honey lotion should be rubbed into the dry area and massaged well for a few minutes. It will lighten the skin tone and add a new resiliency and softness to the skin if used regularly.

Madame Du Barry's Honey Facial

First, cleanse your face and neck with your favorite cream and wipe clean. With a piece of cotton, pat a small amount of warm witch hazel on the skin to open the pores, then pat dry. With hair pulled away from face and collar protected, apply honey to face with moist finger tips, using a gently patting motion. Next, lie down and relax for about 30 minutes to allow facial time to soak into the skin. Remove the honey with a washcloth and warm water. Add a few drops of apple cider, vinegar or lemon juice to the rinse water for oily skin. Finally splash face with cold water several times to tone the skin and close the pores. Honey packs are good for the skin because they cleanse, bleach and soften and should be applied about once a week.

Oatmeal Facial Pack

Blend one-third cup of finely ground oatmeal with enough honey to make a smooth paste, about three tablespoons. If the mixture is too thick, add a small amount of rose water or orange flower water. Spread over the face, although not around the eyes, and let it remain for about 30 minutes. Remove with a soft washcloth and warm water and pat dry. Finally, an astringent should be applied to tone the skin. For variations, omit the oatmeal and add one of the following in its place: 1) one-third cup of cornmeal, 2) one teaspoon of fine white flour.

Almond-Honey Face Lotion

Blend together one tablespoon of sweet almond oil and two tablespoons of honey. This lotion should be applied to skin that is thoroughly clean. Then permitted to remain approxi-

mately 30 minutes. Remove the lotion with a soft cloth and warm water. Finally, apply a milk astringent to close the pores and tone the skin.

Cleopatra's Facial Balm

Combine one tablespoon of honey, one tablespoon of milk and one egg white. Beat well and apply to thoroughly cleansed face and neck. Leave it on the skin for one half hour. When it feels dry and brittle, wash off with a soft washcloth and lukewarm water. Then, splash on cold water and you will feel your skin tingle. Cleopatra used this formula on her entire body to keep her skin beautiful and soft.

Honey-Almond Facial Scrub

Combine one-half cup of almond meal with honey to form a thick paste. Scrub face well with this mixture, paying close attention to oily areas, blackheads, and blemishes. Avoid the area around the eyes. After scrubbing, allow this paste to remain on the skin for a few minutes. Then rinse clean with a soft washcloth and tepid water. This will leave your skin soft and refreshed.

Honey Hand Scrub

Blend three tablespoons finely ground cornmeal, two tablespoons of honey and one tablespoon of cornstarch in a small, unbreakable container. Leave near the sink and use as you would any hand soap. It softens, cleans and soothes the hands, and should always be rinsed with cold water.

Honey For Freckles

Combine one-half pound of honey, two ounces of glycerine, two ounces of alcohol, three-fourths of an ounce of citric acid, and 15 drops of ambergris. Store in a tightly covered container, and apply night and morning to freckled areas of skin.

To Remove Wrinkles

Melt together one ounce of white beeswax, two ounces of honey, and two ounces of juice from lily bulbs. Stir together well, and store in covered container. Apply at bedtime and leave on overnight.

HONEY REMEDIES

As long as man has known about honey, he has claimed it as a cure for every illness of the body and mind. It seems that it was first and most popularly used as a treatment for stomach and intestinal disorders, and is still known as a gentle, natural laxative. It was also often described as a sedative, which has been supported in more recent findings that honey increases blood calcium, having the same effect as a glass of milk before bedtime. The archaic Papyrus Ebers of Egypt extolled the value of honey as both an internal and an external medicine, recommending honey as a surgical dressing for burns and ulcers, and as a relief for weakness and inflammation of the eyes. Hippocrates, the father of medicine, also believed in the healing powers of honey.

In ancient China, persons suffering from smallpox were completely covered with honey, as it was known to clear up the smallpox lesions quickly, soothe their discomfort, and help prevent the dreaded smallpox scars. Historically, the people of Europe have found many medicinal uses for honey. They even preferred honey to the use of wine, as it was not an intoxicant. Various wounds, skin troubles, and difficult festerings were commonly treated with an ointment principally made with honey. Scalds were dressed with large linen bandages thickly daubed with honey. Apparently, the honey also soothed the pain of a burn immediately. After surgery, physicians would pour liquid honey over the surface of a wound as a surgical dressing, or cover the surface of the wound with gauze soaked in honey.

In recent years, the antibacterial properties of honey have been substantiated. Because of its low pH factor and low moisture percentage, honey is known to inhibit the growth of bacteria, mold and fungi dangerous to surgical wounds and burns. It provides a smooth, clean coating for wounds, and can be removed quite simply with water. Laboratory analysis has shown that honey contains inhibine, a known antibacterial agent. The action of this agent is removed in the pasteurization of honey, however.

Because of its antibacterial properties, honey helps babies combat disease. Also because of its gentle laxative effect, honey helps keep babies free from constipation. The use of honey in infant's formula provides a wholesome sweetener, supplementary minerals, and has a proven and positive influence upon calcium retention. Although the recommended amount is one to two teaspoons of honey to eight ounces of formula, a mother should consult her pediatrician or clinic before using honey in her baby's formula.

Grandma's Burn Cure

Mix one egg yolk, one tablespoon of honey and one tablespoon of olive oil. Spread onto surgical gauze and place on the burn. When the dressing dries, repeat the treatment until the healing is complete. The pain should subside and disappear completely in a short while.

Old-Country Ointment

Mix together one part flour and one part honey, and apply on wounds or other skin troubles. For a variation, add propolis, the gummy substance exuded by trees, such as is found on the scales protecting the leaf buds of horse chestnuts in Spring.

Old-Tyme Diarrhea Cure

Mix one teaspoon of honey in eight ounces of barley water in a glass and drink. This will stop Summer diarrhea.

For Bedwetting Treatment

Before the child goes to bed, make sure he has no liquid refreshment. Then, just before he goes to sleep, give him a generous amount of comb honey.

Dogpatch Tranquilizer

Before going to bed, steep one cup of chamomile tea, fresh or dry mint leaves and one teaspoon of honey for three minutes. This is very relaxing and should help you to sleep like a baby.

Quick Cough Syrup

For a simple cough, mix equal parts of honey and lemon juice and use as needed.

19th Century Cough Syrup

Purchase glycerine at your drugstore, and blend well with one-fourth cup of spicy honey and one tablespoon of fresh lime or lemon juice. Keep in a well-covered jar and take one teaspoon every two hours, or as needed.

Grandpa's Magic Tonic

Two teaspoons of honey and two of apple cider vinegar taken in a glass of water one or more times daily, will replenish the body's minerals. The amount taken should depend upon how much mental and physical work is done.

Honey-Egg Tonic

Combine three tablespoons of mild honey, one egg yolk, two tablespoons of butter and a dash of salt; beat until smooth and creamy. Store in a tightly covered jar in the refrigerator. About 15 minutes before breakfast or supper, spread one tablespoon of tonic on hot toast or biscuit and eat. Repeat every day for several weeks, or until you feel better.

HONEY MEAD, WINE AND VINEGAR

One of the oldest uses of honey is in making alcoholic beverages. It was known long before sugar or grapes. Being rich in basic sugars, honey ferments quite quickly. In 1000 BC, the people of India were known to serve a ceremonial drink called medhuparka-*medhu* being the Sanskrit word for honey. This word is related to the word for honey in many of our early languages, including the English word *mead.* It was the custom in early England to drink mead during the wedding ceremony, and then for the first month of marriage – which accounts

for the word honeymoon. As English monks were the main honey producers, mead-making began its decline with Henry VIII shut down the monasteries. Yet, during the reign of Elizabeth I, Henry's daughter, mead-making was still quite important. The Tudor recipes for mead ranged from a simple honey-water ale to more elaborate combinations of hops, ginger, fruit and rare spices. In Wales this was known as metheglin. In our time the recent revival of the use of natural foods has brought back taste for mead and the interest in mead-making recipes. The best honey for mead-making is a light-colored flower honey, such as clover honey.

QUEEN ELIZABETH'S METHEGLIN

First, gather a bushel of sweetbriar leaves, and a bushel of thyme, half a bushel of rosemary, and a peck of bay leaves. Seethe all these (being well washed), in a furnace (not less than 120 gallons) of fair water. Let them boil the space of half an hour or better, and then pour out all the water and herbs into a vat. Let it stand until it be but milk warm, then strain the water from the herbs, and take to every six gallons of water one gallon of the finest honey, and put it into the boorne. Labor it together half an hour, then let it stand two days, stirring it well twice or thrice each day. Then take the liquor and boil it anew. And when it doth seethe, skim it as long as there remaineth any dross. When it is clear, put it into the vat as before, and there let it be cooled. You must then have in readiness a kiv(e) of new ale or beer, which as soon as you have emptied, suddenly whelm it upside down, and set it up again, and presently put in the metheglin, and let it stand three days a-working. And then tun it up in barrels, tying at every taphole (by a pack thread) a little bag of beaten cloves and mace, to the value of an ounce. "It must stand a half a year before it is drunk." Such was the mead of Good Queen Bess.

SIMPLE MEAD

Boil three parts water to one part honey over a slow fire until one-third has evaporated. Then skim the remainder and put into a cask. Repeat until cask is full. Store three or four days, then serve.

AULD ENGLISH MEAD

Dissolve an ounce of cream of tartar in five gallons of boiling water. Pour the solution off clear upon twenty pounds of fine honey. Boil them together and remove the scum as it rises. Towards the end of the boiling, add an ounce of fine hops. About ten minutes afterwards, put the liquor into a tub to cool. When reduced to a temperature of 70-80 degrees F., according to the season, add a slice of toasted bread smeared over with a little yeast. The less yeast the better, because yeast invariably spoils the flavor of wines. Yeast should not be added if the mead is fermented in wooden vessels. The liquors should now stand in a warm room, and be stirred occasionally. As soon as it begins to carry a bead (bubble), it should be turned and the cask filled up from time to time from the reserve, till the fermentation has subsided. It should be bunged down now, leaving open a small peg hole. In a few days this may also be closed and twelve months later, the wine will be fit to bottle.

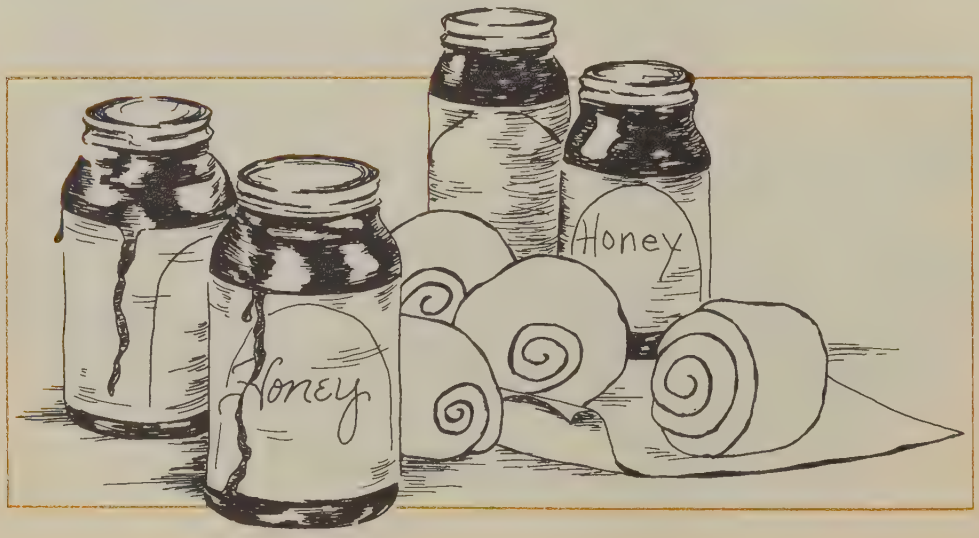
Vinegar of the best quality can also be made with honey. An outside temperature of 70 to 80 degrees F. is best for producing the finest vinegar in the shortest time. A wooden beer or vinegar barrel is the best receptacle in which to make the vinegar. These should not be washed first. Glazed or metal vessels should not be used because the acid properties of the vinegar are likely to react with them, causing the liquor to be poisonous.

HONEY VINEGAR

Put two gallons of honey into each gallon of water (preferably rain or soft water). This mixture should float an egg so that the shell is just below the surface, but no more. Fill the barrel until it is no more than three parts full. Mix the ingredients well. It is quite possible that fermentation will begin without further attention, but it is better to be sure by adding Mother of Vinegar (vinegar plant). This, together with a little ordinary vinegar, should be put into the honey-water mixture to get a fermentation started.

If the vinegar plant is used, it should not be allowed to dry; keep it submerged in the liquor. The best place for fermenting the barrel of liquor is in an open shed where the sun can shine on the barrel. If this is not possible, keep the barrel out of doors, but protected from cold winds. If kept at too low a temperature, the liquor will not ferment.

The bung hole in the barrel is left open but covered with a piece of cloth to keep out insects and dirt. In 6 to 8 weeks, if the conditions are right, the vinegar will be ready for use. It should now be strained into another barrel and allowed to settle for a week or two. After it settles, it may be siphoned into bottles, or strained and bottled. In either case, it will require subsequent decanting into fresh bottles to remove the sediment. At first, the color is likely to be quite pale, but upon exposure to light, and in the aging, it will darken. The vinegar plant, once formed, should remain in the barrel. It is self-perpetuating, and a fresh supply of honey and water may be added to start another batch of vinegar.



Honey Of A Cookbook

Honey is, of course, featured in every recipe in this cookbook, from the salad dressings to the desserts. Each recipe has been fully tested, both in the kitchen and at the table – and with excellent results every time! You are sure to find that each dish is perfect for your family, your friends, and for all your guests, and that each dish will speak quite clearly of your superb cooking skills.

This original collection of recipes should also serve to open your culinary imagination to using honey whenever you wish, in every recipe that calls for an all-purpose sweetener. It's a natural! Remember, however, that there are a few suggestions to note for the best possible results in cooking with honey:

* When substituting honey for sugar in your own favorite recipes, you substitute equal amounts of honey for sugar, up to one cup. Then, reduce the total amount of other liquids by one-quarter cup for every cup of honey used.

* When baking with honey, lower the oven temperature about 25 to 30 degrees F. to prevent over-browning.

* When measuring honey, first coat the measuring utensil with a small amount of oil, otherwise, the honey will tend to stick to the measuring cup or spoon.

* Store honey at room temperature rather than in the refrigerator. Keep it tightly covered and in a dry place.

* Use one-quarter teaspoon of soda for each cup of honey in baking. This will neutralize honey's natural acidity.

* If honey granulates, place its container in hot water until the honey reliquifies.

* Foods, and especially baked goods, sweetened with honey will tend to taste their best if served the day after they are baked.

* Honey, because it is hygroscopic, tends to keep foods moist and tender. Therefore, if you are baking goodies for kids away at school, overseas servicemen, or friends out of town, bake with honey to insure freshness.

Salads

Honey is the salad maker's best friend! It is packed with nutrition and taste appeal, and also complements salad ingredients naturally. A favorite salad combination can feature anything from choice, sparkling vegetables to bright, dewy fruits, or either of these mixed with meats, poultry, seafood, cheese, or pasta. It is well known that a salad can make, break, or even *become* the meal – but if the salad dressing isn't equally delicious, then all is ruined! For success every time, the salad dressing should always feature honey.

The perfect salad dressing should draw the flavors of the salad ingredients together, never subdue them. And honey can do this for every salad dressing – whether used alone, or in combination with herbs for vegetables or spices for fruits. Honey also adds its unique flavor to delicate, creamy salad dressings without adding unnecessary richness.

Smart salad lovers, who enjoy the good taste of food as much as they value their good health, appreciate the value of honey, too. And luckily for them, there are almost as many types and tastes of honey as there are super salad combinations. Just think! You can use honey to begin any meal with just the right taste.

Avocado Citrus Salad

2 grapefruit
3 oranges
2 avocados
Lettuce
1/2 c. lemon juice
1/2 c. salad oil
1 tsp. salt
1/4 c. honey
1/4 c. red jelly or jam

Peel and section grapefruit and oranges. Peel and slice avocados lengthwise. Alternate grapefruit sections, orange sections and avocado slices on lettuce. Combine remaining ingredients; blend well. Serve dressing over salad. Yield: 6 servings.

Banana Nut Salad

4 to 6 bananas, halved lengthwise
Juice from 1 lemon
Salad greens
1/4 c. broken walnuts
1 tbsp. peanut butter
1 tbsp. honey
1/4 c. mayonnaise

Coat bananas with lemon juice; arrange on salad greens. Blend walnuts, peanut butter, honey and mayonnaise. Spread over bananas.

California Fruit Salad

1 c. strawberries, sliced
1 c. melon balls
2 to 3 peaches, pears or nectarines, sliced
1 fresh grapefruit, sectioned or 1 can grapefruit sections
2 oranges, sliced or 1 can mandarin oranges, drained
2 to 3 bananas, sliced
1 tbsp. honey
1/4 c. mayonnaise
Fruit juice

Combine all the fruit except bananas in a large salad bowl. Blend honey, mayonnaise and enough fruit juice to make thin syrup; mix well. Add bananas and dressing just before serving, mixing well. Yield: 10-12 servings.

For another tasty and easy salad dressing, drizzle honey over crisp greens and fruit, then toss lightly.

Walnut Jewel Salad

1/2 c. crushed pineapple
1 pkg. pineapple gelatin

Drain pineapple; reserve juice. Add enough water to reserved juice to make 1 cup liquid.

1 c. hot water
1/2 tsp. salt
1 c. chopped cranberries
1/2 c. diced celery
1/2 c. chopped walnuts

Dissolve gelatin in hot water. Add salt and reserved pineapple juice mixture. Chill until slightly thickened. Fold in remaining ingredients. Turn into 1-quart mold. Chill until firm. Unmold onto bed of crisp lettuce. Garnish with walnut halves.

HONEY CREME SALAD DRESSING

1 3-oz. package cream cheese
1/4 tsp. salt
2 tbsp. honey
1/4 c. sour cream

Combine all ingredients in small bowl. Whip until smooth. Serve with salad.

Photograph for this recipe on page 26.

Del Montico Sour Cream Salad

1 jar Del Monte fruit salad
1/2 c. sour cream
2 tbsp. honey
1/2 pkg. slivered almonds

Drain fruit salad. Combine sour cream and honey. Mix all ingredients together. Refrigerate for 2 hours. Stir once or twice while chilling. Yield: 8 servings.

Summer Salad Deluxe

1 c. grapefruit sections
1 c. orange sections
1 c. sliced bananas
1 c. diced pineapple
1 c. sliced peaches
1 c. chopped pecans
Lettuce leaves
1 8-oz. package cream cheese
4 tbsp. honey
Juice of 1/2 lemon
1 c. whipping cream

Combine the fruits and drain, then add the pecans. Arrange the lettuce on salad plates and spoon the fruit mixture on lettuce. Mash the cream cheese and add the honey and lemon juice. Cream until smooth. Whip cream until soft peaks form, then fold in the cream cheese mixture. Top the salad with the cream cheese mixture and garnish with mint leaves and strawberries.

Melon Summer Salad

1 c. watermelon balls
1 c. cantaloupe or honeydew balls
Juice of 1 lemon
1/4 c. honey
1/2 c. whipping cream, whipped

Sprinkle fruit balls with lemon juice, then honey. Chill. Fold whipped cream into fruit just before serving. Serve on crisp lettuce. Yield: 4-5 servings.

Sesame Seed Tossed Green Salad

2 heads leaf lettuce
1 lb. spinach leaves
3 tomatoes, peeled
1/2 c. small sweet onion rings
3 tbsp. toasted sesame seed
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. dry mustard
3 tbsp. vinegar
1 tbsp. honey
1/2 c. vegetable oil
2 c. herb-seasoned stuffing croutons

Trim salad greens; tear into bite-sized pieces. Cut tomatoes into wedges. Combine salad greens, tomato wedges, onion rings and sesame seed; toss well. Refrigerate. Combine salt, pepper and dry mustard in small mixing bowl; stir in vinegar and honey. Add oil gradually, beating with rotary beater. Chill well. Combine salad dressing and croutons with salad; toss well. Serve immediately. Yield: 8-10 servings.

Photograph for this recipe above.

Confetti Macaroni Salad

1 8-oz. box elbow macaroni
3/4 c. mayonnaise
1/4 c. sliced scallions

Cook macaroni according to package directions. Drain and cool. Mix macaroni with remaining ingredients in a large bowl. Cover

1 green pepper, seeded and chopped
1 carrot, pared and shredded
2 tbsp. sweet pickle relish
3/4 tsp. salt
1/4 tsp. dry mustard
1/4 to 1/2 tsp. Tabasco sauce
2 hard-cooked eggs, diced

and refrigerate until well chilled. Yield: 8-10 servings.

Photograph for this recipe on page 102.

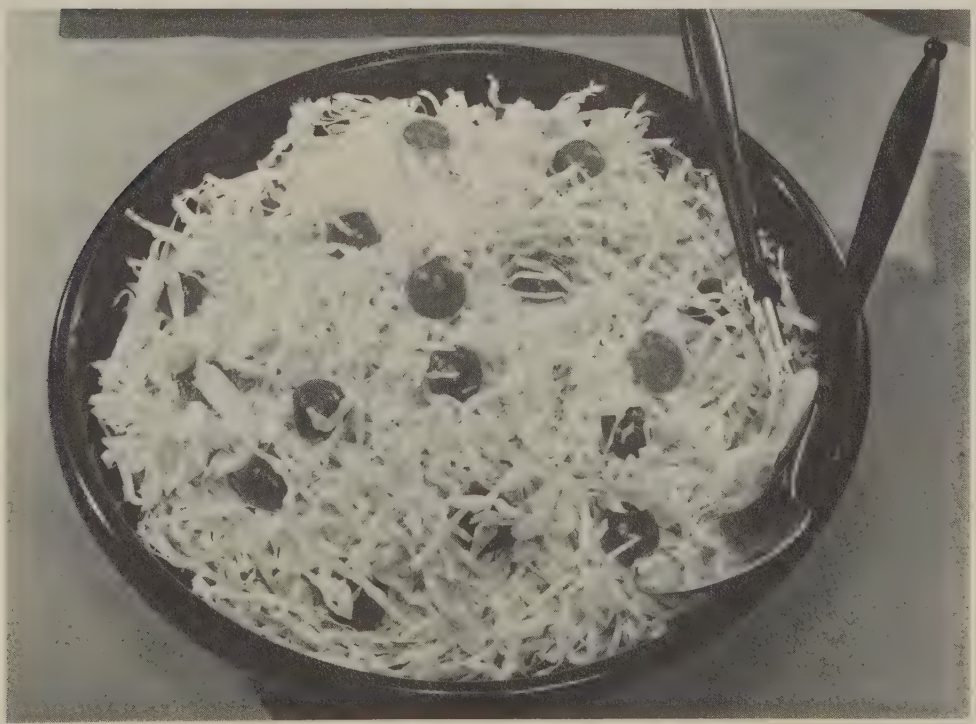
Blend one-quarter cup honey with three-quarters of a cup of sour cream for a dandy fruit salad dressing. It's as easy as it is delicious!

Cherry-Honey Coleslaw

1 egg, well beaten
1/4 c. orange juice
1/2 c. honey
3 tbsp. light cream
Dash of salt
1 8-oz. jar red maraschino cherries, well drained
1 qt. shredded cabbage

Combine egg, orange juice and honey in top of a double boiler. Cook over hot water until thickened, stirring occasionally, then cool. Add cream, salt and cherries; blend well. Chill thoroughly. Toss with shredded cabbage and serve.

Photograph for this recipe below.



Super Bean Salad

1 1-lb. can red kidney beans, drained
1 1-lb. can yellow wax beans, drained
1 1-lb. can green beans, drained
1 c. diced celery
1 c. diced green pepper
2 tbsp. chopped chives
1 red onion, sliced in rings (opt.)
2 tsp. salt
Dash of pepper
1/3 c. salad oil
1/2 c. honey
1/4 tsp. dry mustard
2/3 c. red wine vinegar
1 c. cheese cubes

Combine vegetables, salt and pepper in a large bowl. Shake salad oil, honey, mustard and wine vinegar in a covered jar, mixing well. Pour over vegetables. Chill for several hours or overnight to blend seasonings. Turn into chilled salad bowls. Sprinkle cheese cubes over all. Yield: 8 servings.

A sweet-sour dressing is tart and refreshing on a vegetable salad. Dice and cook four slices of bacon. Remove bacon pieces from skillet and add one-quarter cup of honey, one-third cup vinegar, and a dash of salt and pepper to the skillet. Bring to a boil. Add browned bacon bits. Pour over salad and toss.

Carrot-Raisin Salad

3 c. grated carrots
1 c. seedless raisins
1 tbsp. honey
1/4 c. milk
1 tbsp. fresh lemon juice
1/4 tsp. salt
1/4 tsp. nutmeg

Toss the carrots lightly with the raisins. Blend the remaining ingredients; stir into the carrot mixture. Chill for at least 30 minutes before serving. Yield: 6-8 servings.

Cucumber Salad

1/4 c. vinegar
1/4 c. oil
Dash of monosodium glutamate
White pepper to taste
1/2 oz. sherry
Hot sauce to taste
1 tbsp. honey
1 egg, separated
2 lg. cucumbers
1 tbsp. chopped chives

Place first 7 ingredients in blender container; add egg yolk. Blend for several seconds. Fold in stiffly beaten egg white. Slice cucumbers; mix with chives. Toss lightly in vinegar mixture. Chill before serving. Dressing may be served on baked potatoes or green vegetables. Yield: 4 servings.

RECIPE ON PAGE 69.

Confetti Waldorf Salad

2 c. grated carrots
2 med. apples, diced
1/2 c. chopped pecans
1 c. thinly sliced celery
1/2 c. thinly sliced radishes
1/4 c. mayonnaise
2 tsp. honey
1/2 tsp. salt
1 tbsp. cream
2 tsp. lemon juice

Combine first 5 ingredients. Blend remaining ingredients. Pour over carrot mixture, tossing to mix well.

Honey-Banana Mold

2 tbsp. unflavored gelatin
1/4 c. cold water
1 1/2 c. milk
1/2 c. honey
3 bananas, mashed and sieved
Juice of 1 lemon
1 c. whipping cream, whipped

Soak gelatin in cold water until soft. Heat milk; stir into gelatin. Add honey, mashed bananas and lemon juice. Chill until partially set. Fold in the whipped cream. Chill thoroughly.

Grapefruit Salad

1 grapefruit
1 sm. package lemon gelatin
1/2 c. hot water
1/2 c. cold water

Cut the grapefruit in half crosswise, then remove the pulp and juice, reserving shells. Strain and reserve 1/2 cup juice and all of the pulp. Dissolve the gelatin in hot water in a large bowl, then add the cold water and grapefruit juice. Chill until partially set. Add the grapefruit pulp, then pour into the grapefruit shells. Place the shells in a pan and chill until firm. Cut the grapefruit halves in half lengthwise.

CREAM CHEESE DRESSING

1 3-oz. package cream cheese
1 tbsp. honey
Juice of 1 lime
1/2 c. whipped cream

Soften the cream cheese at room temperature, then combine the cream cheese, honey and lime juice in a bowl until smooth. Fold in the whipped cream and refrigerate for 4 hours. Serve with grapefruit.

RECIPE ON PAGE 178.

Creamy Carrot Salad

1/4 c. mayonnaise
1 tbsp. honey
2 c. grated raw carrots
1/2 c. plumped raisins
Salt to taste

Combine mayonnaise and honey. Combine with carrots and raisins. Add salt.

Avocado Ring With Strawberries

2 3-oz. packages lime gelatin
1/2 tsp. salt
2 ripe avocados
2 tbsp. lemon juice
1/3 c. mayonnaise
2 1/2 c. sliced strawberries

Dissolve gelatin and salt in 2 cups hot water; add 1 1/2 cups cold water. Chill until slightly thickened. Peel, pit and mash avocados. Cover with lemon juice. Stir avocados and mayonnaise into gelatin; blend well. Pour into 5-cup ring mold. Chill until firm. Unmold ring onto salad greens; fill with strawberries.

HONEY-CREAM DRESSING

1/2 c. sour cream
1/2 c. mayonnaise
1 tbsp. honey
1/2 c. sliced strawberries

Combine all ingredients; blend well. Serve over salad.

Golden Salad

1 3-oz. package lemon gelatin
1 c. boiling water
1/4 tsp. salt
3/4 c. pineapple juice
2 tbsp. lemon juice
1 tbsp. honey
3/4 c. grated carrots
1/2 c. crushed canned pineapple, well drained

Dissolve gelatin in boiling salted water. Add pineapple juice, lemon juice and honey; mix well. Add carrots and pineapple. Pour into mold rinsed in cold water. Chill until set. Unmold and arrange on lettuce leaf. Garnish as desired. Yield: 8-10 servings.

Sweetheart Mold

2 3-oz. packages raspberry gelatin
2 c. boiling water

Dissolve raspberry gelatin in boiling water. Add 1 cup cold water. Chill until partially set. Fold in apples, nuts and raisins. Pour into lightly

1 1/2 c. chopped golden Delicious apples
1/2 c. chopped nuts
1/4 c. raisins
1 env. unflavored gelatin
1 c. salad dressing
1 c. sour cream
2 tbsp. honey

oiled 1 1/2-quart mold. Chill until almost set. Soften unflavored gelatin in small amount of cold water. Stir over low heat until dissolved. Cool. Combine salad dressing, sour cream and honey; mix well. Gradually add gelatin to salad dressing mixture; mix well. Pour over fruit layer. Chill until firm. Unmold and garnish. For an attractive variation, chill a small amount of salad dressing mixture in the mold before adding the fruit mixture. Yield: 6-8 servings.

Cream Cheese Heart With Strawberries

1 8-oz. package cream cheese, softened
1 c. creamed cottage cheese
2 tbsp. honey
1/2 c. heavy cream
1 env. unflavored gelatin
1/4 c. water
1 qt. strawberries, washed

Beat cream cheese and cottage cheese with honey until smooth. Gradually add cream, beating until thick. Soften gelatin in water. Dissolve over low heat. Add to cheese mixture, blending well. Pour into lightly oiled 1-quart, heart-shaped mold. Chill until firm. Unmold onto serving dish. Garnish with whole strawberries. Yield: 6-8 servings.

Double-Duty French Dressing

1/4 c. honey
1/4 c. catsup
1/4 c. lemon juice
1 c. salad oil
1/2 tsp. salt
1/2 tsp. dry mustard
1/2 tsp. paprika
1/4 tsp. powdered garlic or 1 clove of garlic, minced fine

Blend all ingredients; mix well. Use as topping for head lettuce with sliced tomatoes and avocado strips or as a marinade for poultry, pork chops or ham.

Quick French Dressing

1/3 c. salad oil
1/4 c. lemon juice or vinegar
2 tbsp. honey
Dash of each paprika and salt

Combine all ingredients in a bowl or salad dressing bottle; mix well. Sprinkle 2 or 3 tablespoons of dressing over salad greens. Toss and serve.

Fancy French Dressing

1 pt. salad oil
3/4 c. wine vinegar
Juice of 1 lemon
1 clove of garlic, grated
2 tsp. salt
1 tsp. dry mustard
1 tbsp. Worcestershire sauce
1 8-oz. can tomato soup
1/2 tsp. pepper
1/2 tsp. paprika
1 tbsp. grated chives
2 tbsp. orange blossom or white clover honey

Mix salad oil, vinegar and lemon juice well by beating with electric mixer. Combine remaining ingredients except honey. Add the oil mixture. Beat for 5 minutes. Blend in honey. Beat very slowly for at least 10 minutes. Chill thoroughly before using. Keeps well. Yield: 1 quart.

Honey French Dressing For Vegetable Salad

1 c. salad oil
1/2 c. catsup
1/3 c. vinegar
1/3 c. honey
1 tsp. salt
1 tsp. paprika
1 tsp. grated onion
1 clove of garlic, halved

Measure all the ingredients into a salad dressing bottle. Shake well. Let stand for 10 minutes. Remove the garlic clove. Serve as desired. Keeps indefinitely.

Honey-Lime Dressing Orlando

2/3 c. mayonnaise
2 tbsp. honey
1 1/2 tbsp. fresh lime juice
1/2 c. heavy cream
1 tbsp. grated lime peel

Combine mayonnaise with the honey and lime juice. Whip cream until stiff. Fold into honey mixture. Chill. Fold in lime peel. Serve at once. Yield: 1 2/3 cups.

Honey-Lime Dressing

1 6-oz. can frozen limeade concentrate
3/4 c. salad oil
1/2 c. honey
1/4 tsp. salt
2 tsp. celery seed

Place the limeade, salad oil, honey and salt in a blender container and blend for several seconds. Stir in the celery seed. Mixture may be beaten or shaken to mix. Serve over fresh or canned fruit salad. Yield: 2 cups.

Photograph for this recipe on opposite page.

Bee-Best French Dressing

1/3 c. honey
1/3 c. oil
1/3 c. vinegar
1/3 c. catsup
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. celery seed
1/2 tsp. paprika

Combine all ingredients in blender until well blended. Serve over mixed greens or fruit.

Coleslaw Dressing

1 c. sour cream
1/2 c. honey
Dash of salt
Juice of 1 lemon or lime

Beat all ingredients together until well blended. Chill. Will keep several days in the refrigerator. Yield: 1 1/2 cups.

Grandma's Mayonnaise

4 tbsp. butter
1 tbsp. flour
1 tbsp. cornstarch
1 c. milk
1 tsp. salt
Dash of cayenne pepper
2 tbsp. honey
1/2 tsp. mustard
1/2 c. vinegar
1 egg, beaten

Melt butter in the top of a double boiler. Add flour and cornstarch; stir to a smooth paste. Add milk slowly, stirring constantly to prevent lumping. Let cook until thick. Add salt, pepper, honey, mustard and vinegar to beaten egg. Stir into the thickened mixture. Cook until thick, stirring constantly. May be diluted with whipped cream and additional honey, if desired.

Poppy Seed Salad Dressing

1/3 c. honey
1/2 tsp. salt
1/3 c. vinegar
3 tbsp. mustard
1 1/4 c. salad oil
2 1/2 tbsp. poppy seed

Mix all ingredients together in the order given. Blend in an electric blender or mixer until oil disappears.

Simple Fruit Dressing

1 tbsp. honey
1 tbsp. lemon juice
1 tsp. grated lemon peel

Combine honey, lemon juice, lemon peel and cream cheese. Mix with mayonnaise. Substitute orange juice and orange peel for lemon juice

2 tbsp. cream cheese
1/2 c. mayonnaise, chilled

and lemon peel for flavor variation. Yield: 1 1/4 cups.

Peppy Honey Salad Dressing

1/2 c. honey
1/2 tsp. salt
1/3 c. chili sauce
1/3 c. vinegar
1 tbsp. grated onion
1 tbsp. Worcestershire sauce
1 c. salad oil

Combine honey, salt, chili sauce, vinegar, onion and Worcestershire sauce. Slowly add the salad oil, beating until well blended. Yield: 2 cups.

Piquant Ripe Olive Dressing

1 1/4 c. honey
1/2 c. cider vinegar
1/2 c. salad oil
1/4 tsp. salt
1/4 tsp. celery salt
1 1/2 c. canned pitted ripe olives

Beat the honey in a bowl until frothy, then stir in the vinegar, oil, salt and celery salt gradually. Slice the olives and stir into dressing. Yield: 3 cups.

Photograph for this recipe below.

Perk-Up Salad Dressing

1 10 1/2-oz. can tomato soup, undiluted
1 clove of garlic, minced
1/2 tsp. salt
1/4 tsp. crushed dill or tarragon
1 tbsp. honey
1/3 c. fresh lemon juice or white wine vinegar

Combine all ingredients in a blender container. Cover and blend for 5 seconds. Chill before serving over assorted greens. Yield: 1 1/2 cups.

Zippy Honey Salad Dressing

1 tsp. paprika
1/2 tsp. dry mustard
1/2 tsp. salt
1/2 tsp. celery salt
1/2 c. honey
3 tbsp. lemon juice
1/4 c. vinegar
1 c. salad oil

Mix the dry ingredients together. Add honey, lemon juice and vinegar. Slowly add the salad oil, beating until well blended. Yield: 2 cups.

Fluffy Honey Dressing

2 eggs
1/2 c. honey
1/4 c. lemon juice
2 tbsp. frozen orange juice
1/8 tsp. salt
1/2 c. heavy cream, whipped
2 tsp. grated lemon rind

Beat eggs; stir in honey, lemon juice, orange juice and salt. Cook over low heat, stirring constantly, until thickened; cool. Fold in whipped cream and lemon rind. Serve with fresh fruit. Yield: 2 cups.

Lemon-Lime Dressing

2 eggs, beaten
1/4 c. lemon juice
1/4 c. lime juice
2/3 c. honey
1/2 tsp. salt
1 tbsp. snipped chives or parsley
1 c. sour cream

Mix eggs, juices and honey in a small saucepan. Stir over low heat until thickened. Let cool slightly. Mix remaining ingredients. Fold into the egg mixture. Chill.

Smooth Lemon Dressing

1 egg, beaten
1/4 c. lemon juice
1/2 c. honey
3 tbsp. milk
1 c. cottage cheese
Dash of salt
Dash of mace

Combine egg, juice and honey in top of double boiler. Cook, stirring constantly, until thick. Cool. Stir milk into cheese; beat until smooth. Add cheese mixture, salt and mace to honey mixture; blend well. Yield: 1 1/2 cups dressing.

Honey-Cheese Dressing

1/2 c. cottage cheese
2 tbsp. honey
1 tsp. grated lemon rind
1 1/4 tbsp. lemon juice
1/2 tsp. salt
1/2 c. salad oil

Force cottage cheese through a sieve. Add honey, lemon rind, lemon juice and salt. Beat briskly with a rotary beater. Add oil, 1 teaspoon at a time, until half the oil is used, blending well after each addition. Add remaining oil, 2 tablespoons at a time, blending well. A delicious dressing for fruit salad or over avocados.

Banana Fruit Dressing

1 ripe banana, mashed
3 tbsp. honey
1/4 c. orange juice
1/4 tsp. salt
1/2 c. buttermilk

Combine banana, honey, orange juice and salt. Gradually stir in buttermilk. Whip with rotary beater until smooth. Chill. Serve with fresh fruit salad.

Parisian Fruit Dressing

1 tsp. salt
1 tsp. paprika
1/3 c. honey
1 c. pineapple juice
1/4 c. orange juice
2 1/2 tbsp. lemon juice
2 eggs, beaten
1 3-oz. package cream cheese, softened

Mix salt and paprika. Add honey and fruit juices; blend well. Cook in double boiler for 20 minutes, stirring constantly. Stir a small amount of hot mixture into eggs; stir eggs into hot mixture. Cook for 5 minutes longer, stirring constantly. Cool slightly. Beat cooked mixture into softened cream cheese. Chill.

Vegetables

Vegetables are such an appealing part of mealtime! They never fail to add color, vitamins, and sumptuous variety to the dinner table – for a very low cost and very few calories, as well. Imagine how much more delicious your favorite vegetables can be when combined with the richness and flavor of honey. Vegetables can be cooked in so many ways then served all alone or with many other foods – meats, poultry and fish, in or with a souffle or casserole. All this and honey, too!

A teaspoon of honey added to the cooking water for frozen peas, corn or limas adds zest and savor to the vegetables. Glazed carrots, Harvard beets, buttered peas, bubbling vegetable casseroles, and even sauces for vegetables are doubly tasty when enhanced with a generous touch of honey. Moreover, while cooking, a vegetable dish seasoned with honey will circulate a tantalizing aroma throughout the house. What a great appetizer for family and friends!

There is every reason to be as inventive as you wish when preparing vegetables for your family members and your guests. But, whether you prefer new creations or the old favorites, honey is always the perfect addition to your finest vegetable recipes.

Company's Coming Soybeans

2 c. dried soybeans
6 c. water
1 sm. ham hock, fresh or salt pork or 2 tbsp. vegetable oil
2 tbsp. honey
1 lg. diced onion
1/2 c. diced celery
3 bay leaves
Salt to taste

Soak beans in water overnight or for 24 hours. Drain off water and rinse well. Add remaining ingredients. Cover with additional water. Bring to a boil; lower heat. Simmer for 3 hours or until tender. May be cooked in pressure saucepan for 30 minutes at 10 pounds pressure, if desired.

Yankee Bean Pie

1 1/2 qt. cooked navy or northern beans
Honey
1 1/2 tsp. salt
1 1/2 c. cornmeal
1 tbsp. melted shortening
1/2 c. flour
2 tsp. baking powder
1 1/2 c. milk

Combine beans with 2 tablespoons honey and 1 teaspoon salt. Place beans in a shallow pan or baking dish, 2 inches deep. Combine remaining ingredients as for corn bread, adding 2 teaspoons honey for flavoring. Arrange corn bread mixture around edge of bean mixture by heaping tablespoonfuls. Bake in 350 to 375-degree oven for 20 minutes or until corn bread is a golden brown.

Beets In Honey Sauce

1 tbsp. cornstarch
1/2 tsp. salt
1 tbsp. water or beet juice
2 tbsp. vinegar
1/4 c. honey
1 tbsp. butter
2 c. cooked or canned, diced or sliced beets

Mix cornstarch and salt; blend in water. Add vinegar, honey and butter. Cook slowly, stirring constantly, until thickened. Add sauce to beets. Let stand at least 10 minutes to blend flavors. Yield: 4 servings.

Honey-Baked Beans

2 c. dried beans
4 c. warm water
1/2 lb. scored salt pork
1 tbsp. chopped onion
1/2 c. honey
1 tsp. salt

Soak washed beans in warm water for 3 hours. Cook over low heat in tightly covered saucepan for 1 hour and 15 minutes. Do not allow to boil. Drain the beans; reserve the liquid. Place salt pork in the bottom of a bean pot; add beans. Cover with mixture of reserved liquid,

1 tsp. dry mustard
1 tsp. vinegar

onion, honey, salt, mustard and vinegar. Add boiling water, if needed, to cover. Place small pieces of salt pork on top; cover the pot. Bake in a 325-degree oven about 6 hours. Uncover bean pot during last hour of baking. If beans become too dry, add a small amount of boiling water. Yield: 8 servings.

Deviled Beets

3 tbsp. butter
2 tbsp. mustard
1/2 tsp. paprika
1 tbsp. honey
1 tsp. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. orange flavoring
3 c. cooked beets

Blend first 7 ingredients in saucepan. Bring to a boil. Add beets; heat well. Serve hot.

Add honey, ground ginger, and mustard to canned baked beans before cooking them and you will have a new and different flavor combination.

Baked Beets

8 to 12 med. beets
1/4 c. butter or margarine
1/4 c. honey
1/2 tsp. salt

Scrub beets well with a stiff brush, but do not peel. Remove tops. Parboil beets about 45 minutes or until just fork-tender. Drain well; remove outside skin. Place beets in a baking dish. Dot with butter. Pour honey over all. Season with salt; cover. Bake in 350-degree oven for 1 hour and 25 minutes, basting occasionally.

Vineyard Brussels Sprouts

2 10-oz. packages frozen Brussels sprouts
1 1/2 tsp. salt
1/4 c. butter
Freshly ground pepper
1/4 clove of garlic, crushed
1 c. halved green grapes
2 tsp. honey

Cook Brussels sprouts for 2 minutes less than package instructions. Drain; add salt, 1 tablespoon butter, pepper and garlic. Combine remaining butter, grapes and honey in skillet; place over low heat until butter is bubbly. Add Brussels sprouts; toss gently. Serve immediately. Yield: 6-8 servings.

Cranberry Borscht

2 c. cranberries
3 qt. water
2 lg. onions, sliced
2 c. finely shredded cabbage
1 1-lb. can julienne beets
Salt to taste
1/4 c. honey
1/2 pt. sour cream
3 hard-cooked eggs, sliced

Cook cranberries in water for about 10 minutes or until skins pop. Put cranberries and liquid through sieve or food mill. Skim the seeds from the top. Add onions and cabbage. Cook for 20 to 30 minutes or until soft. Add beets and beet liquid. Season with salt and honey. Serve hot or well chilled. Garnish with sour cream and slices of hard-cooked eggs. Yield: 8 servings.

Carrots With Honey And Mint

2 lb. fresh carrots
1/2 tsp. salt
3/4 c. honey
Juice of 1 lemon
3 tbsp. butter
3 tbsp. flour
1 oz. creme de menthe
1/2 tsp. dried mint leaf flakes

Wash, peel and cut carrots into 1/4-inch slices. Place in saucepan with enough water to cover. Boil for 10 minutes or until nearly tender. Add salt, honey and lemon juice to the carrots. Simmer for 20 minutes. Brown butter in small skillet and mix with flour to make dark roux. Add carrots and blend well over low heat until thickened. Pour into shallow casserole. Drizzle top with creme de menthe. Glaze under broiler and top with sprinkling of mint flakes. Yield: 6-8 servings.

Candied Carrots And Grapes

1/4 c. butter
2 tsp. cornstarch
1/3 c. honey
1 tsp. lemon juice
1/8 tsp. cinnamon
3 c. cooked sliced carrots
1 c. green grapes, halved

Melt butter in small saucepan; blend in cornstarch. Add honey, lemon juice and cinnamon. Cook, stirring constantly, until mixture boils. Add glaze to carrots and grapes, stirring to mix. Serve immediately. Yield: 6-8 servings.

Photograph for this recipe on page 44.

Honeyed Carrots

4 to 5 carrots
2 to 3 tbsp. honey
3 doz. whole cloves
2 tbsp. butter
Dash of salt

Slice carrots about 1/8 inch thick. Put honey, cloves, butter, salt and a small amount of water in a saucepan. Add carrots; cook until tender. Yield: 6 servings.

Citrus Honey Carrots

1 bunch carrots
Pinch of salt
1/4 c. melted butter or margarine
1/4 c. honey
1 1/2 tsp. grated orange peel
1 1/2 tsp. grated lemon peel

Wash and scrape carrots. Cook in 1 inch boiling water until tender-crisp, about 15 to 20 minutes then drain. Blend salt, melted butter, honey and grated peels. Pour over cooked carrots. Place over low heat until carrots are thoroughly glazed. Yield: 4 servings.

Photograph for this recipe above.

Carrot Tzimmes With Apples

1 lb. carrots
1 tsp. salt
1 tsp. lemon juice
2/3 c. honey
1 3/4 c. diced apples

Scrape carrots. Split in half and slice about 1/4 inch thick. Place in a saucepan; add 1 cup water. Cook carrots until tender and water has evaporated to about 2 tablespoons. Drain off liquid. Combine salt, lemon juice and honey, then add diced apples. Simmer gently about 10 minutes. Add carrots to apples. Simmer gently until apples are tender, about 5 minutes longer. Yield: 4 servings.

Amber Onions

12 sm. onions
2 tbsp. butter
2 tbsp. honey
2 tbsp. tomato soup
1/2 tsp. paprika
1/2 tsp. salt

Peel onions; crosscut each end. Cover with boiling salted water in saucepan; boil for 5 minutes. Drain; place in greased baking dish. Combine remaining ingredients; pour over onions. Bake at 350 degrees for 30 minutes or until tender. Yield: 4 servings.

Baked Onions

4 lg. Spanish onions, cut into halves
1/4 c. butter, melted
1/2 c. honey
1/2 c. tomato juice
1 1/2 tsp. soy sauce
1/2 tsp. salt
1/4 tsp. pepper

Place onions in casserole. Combine remaining ingredients for sauce; pour over onions. Cover tightly with aluminum foil. Bake at 350 degrees for 1 hour, basting frequently. Yield: 6-8 servings.

Ginger Onions

1 No. 2 1/2 can white onions
4 tbsp. honey
2 tbsp. butter
1 tbsp. paprika
1/2 tsp. salt
1/4 tsp. ginger

Place the onions in a buttered shallow baking dish. Combine the honey, butter, paprika, salt and ginger in a saucepan. Cook for 5 minutes, then pour over the onions. Bake at 325 degrees for 10 minutes or until well glazed. Yield: 8 servings.

Honeyed Parsnips

4 or 5 parsnips
1/2 c. honey
1 tbsp. butter

Peel parsnips; boil in salted water until tender. Cut into thick slices. Place in baking dish. Cover with honey, 1/2 cup water and butter. Bake for 10 minutes in 350-degree oven. Turn parsnips; continue baking 10 minutes longer. Place under broiler to brown.

Citrus Honey Peas

1 tbsp. grated orange and lemon rind

Saute rind in butter for 2 to 3 minutes; stir in juices and honey. Cook rapidly for several

2 tbsp. butter
Juice of 1 orange
Juice of 1 lemon
1/4 c. honey
1 No. 303 can early garden peas, drained
1/4 c. chopped pimento

minutes or until thickened. Add peas and pimento; heat thoroughly. Yield: 4 servings.

Add a tablespoon of honey to the water when boiling corn, rice or various other vegetables and pastas for a unique taste appeal.

Honey-Butter Peas

1 pkg. frozen peas
1/4 c. honey
1/4 c. butter

Prepare peas according to package directions. Blend honey and butter; whip until fluffy. Serve over hot, drained peas. Yield: 4 servings.

Squash With Apple Slices

1 med. acorn squash
1 med. apple
1/3 c. honey
2 tbsp. butter

Peel, seed and slice squash; peel and slice apple. Place half the squash in a casserole; cover squash with apple slices. Add remaining squash; pour in a small amount of water. Cover casserole. Bake at 350 degrees for about 30 minutes or until squash and apple are tender. Pour honey over top; dot with butter. Bake for 15 minutes longer. Yield: 4 servings.

Honey Acorn Squash

1 acorn squash
2 tsp. honey
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. mace
1 tsp. butter

Cut squash in half lengthwise; remove seeds. Place in baking pan with 1/2 inch water covering the bottom of the pan. Spread honey over the inside of the squash. Add seasonings and butter; cover. Bake in a 350-degree oven about 1 hour. Uncover. Brown top delicately. Yield: 2 servings.

Honey Spice Squash

1 qt. diced cooked hubbard squash
1/2 c. honey
1/4 c. melted butter
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. ginger

Drain squash; mash. Mix squash with honey, butter, salt and pepper. Place in buttered casserole. Sprinkle with ginger. Bake at 325 degrees for 20 minutes. Serve. Yield: 6 servings.

Honey-Squash Pie

1 c. flour
1/2 tsp. salt
1/2 c. shortening
Cold water
3 eggs
2 c. cooked strained squash
1/2 c. honey
1 1/2 c. evaporated milk
1 tsp. cinnamon
1/2 tsp. vanilla
1/2 tsp. each nutmeg, cloves and ginger

Sift flour and salt into a bowl; add shortening. Cut in with pastry blender or 2 knives until like coarse meal. Cut small amount cold water in mixture to hold together from bowl. Roll out on floured board; fit into 10-inch pie pan, letting pastry hang over edge 1/2 inch. Fold under extra 1/2 inch; flute edges. Break eggs into mixing bowl; brush small amount of egg on inside of pie crust. Mix eggs with remaining ingredients. Pour into pie crust. Bake at 375 degrees until knife inserted in center comes out clean.

Honey-Bean-Stuffed Squash

2 med. acorn squash
1 9-oz. package frozen green beans in butter sauce
3 tbsp. honey
1/4 c. walnuts

Cut squash in half; remove seed. Place, cut-side down, in shallow baking pan. Bake at 350 degrees for 40 minutes or until tender. Cook green beans with honey and walnuts. Spoon into center of squash. Serve immediately. Yield: 4 servings.

Honey-Baked Squash

1 doz. sausage links
2 med. acorn squash
Melted butter
1/4 c. honey

Cook sausage until browned. Cut squash in half lengthwise; remove seed. Bake, cut-side down, at 350 degrees for 35 to 40 minutes. Turn; brush insides with butter. Drizzle 1 tablespoon honey over each. Fill center of each with sausage links. Bake for 20 minutes longer. Yield: 4 servings.

Sweet Potato Balls In Walnuts

2 1/2 c. mashed canned or cooked sweet potatoes
1/2 tsp. salt
Dash of pepper
2 tbsp. butter or margarine, melted
1/3 c. honey
1 c. chopped walnuts

Combine mashed sweet potatoes, salt, pepper and butter; chill for easier handling. Shape in 2-inch balls, using about 1/4 cup mashed potatoes for each ball. Heat honey in small heavy skillet until hot; add potato balls, one at a time. Carefully roll balls with 2 forks in glaze, coating completely. Roll in chopped nuts. Place sweet potato balls in greased shallow baking dish or pan. Bake in 350-degree oven about 20 to 25 minutes. Yield: 10 servings.

Favorite Candied Yams

1 1/2 c. honey
2 tbsp. cornstarch
1/8 tsp. salt
1 1/2 c. water
1 tbsp. butter, melted
6 lg. yams, sliced and cooked

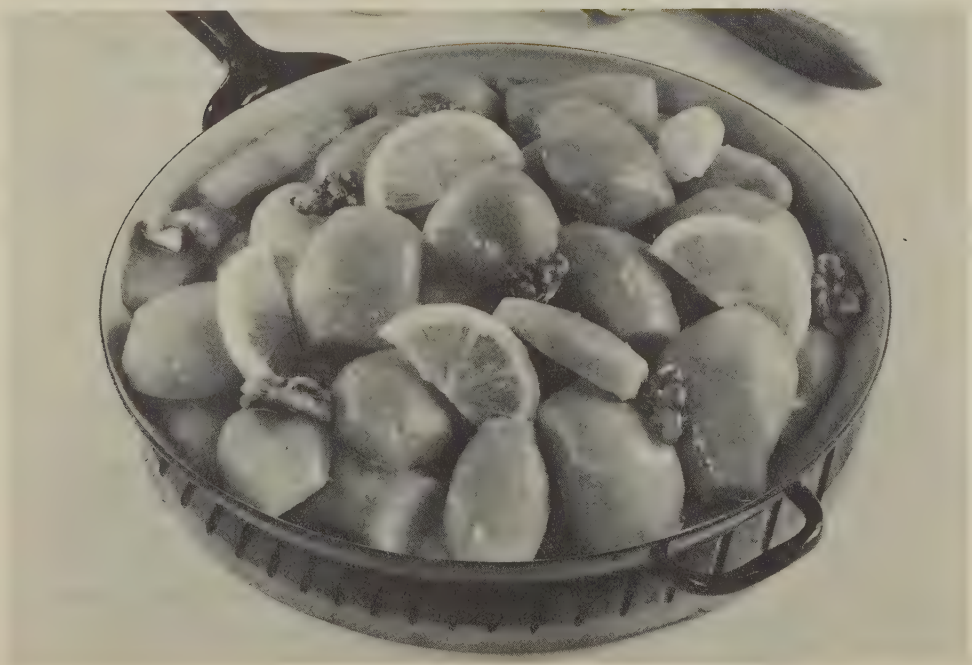
Mix all ingredients except yams; cook until clear. Pour over cooked yams. Bake at 400 degrees until brown. Also very good over baked apples. Yield: 6 servings.

Lemon Nut Yams

1/2 c. melted butter or margarine
1/3 c. lemon juice
1/4 c. honey
2 *1-lb. cans Louisiana yams, drained and halved lengthwise, or 6 med. Louisiana yams, cooked, peeled and halved lengthwise*
1 med. lemon, sliced
1/2 c. chopped walnuts

Combine all ingredients and cook over low heat about 15 to 20 minutes, stirring occasionally. Yam mixture may be placed in a lightly greased shallow 1 1/2-quart casserole and baked at 350 degrees for 30 minutes if desired. Yield: 6 servings.

Photograph for this recipe below.



Hawaiian Sweet Potatoes

2 tbsp. orange juice concentrate
1 c. honey
1 1-qt. can sweet potato halves
1 box corn flakes, crushed
1 box sugar corn flakes, crushed
1 box bran flakes, crushed

Mix orange juice concentrate and honey. Dip potato halves in mixture and drain slightly. Combine cereals. Roll potatoes in crushed cereal mixture. Bake at 400 degrees for 10 minutes or until brown. Yield: 12 servings.

Scalloped Sweet Potatoes And Apples

3 lg. tart unpared apples
4 med. sweet potatoes, cooked
1/4 c. butter
1 tsp. salt
1/2 c. honey

Slice apples 1/2 inch thick; cut potatoes in 1/2-inch slices. Saute apples in 2 tablespoons butter in skillet until light brown. Arrange alternate layers of potatoes and apples in greased casserole. Sprinkle with salt. Combine remaining butter and honey. Pour over casserole. Bake at 375 degrees for 40 minutes. Yield: 6 servings.

Sweet Potatoes With Orange And Ginger

1 1-lb. 7-oz. can syrup-packed sweet potatoes
1/4 c. honey
2 tsp. orange peel
1 tsp. finely chopped crystallized ginger
1 tbsp. butter

Drain potatoes, reserving liquid. Arrange potatoes in flat dish. Combine reserved liquid with honey, orange peel and ginger. Pour over sweet potatoes. Dot with butter. Bake in 375-degree oven for 20 to 30 minutes or until sweet potatoes are well glazed. Serve hot. Yield: 4 servings.

Sweet Potato Spoon Bread

4 or 5 sweet potatoes, grated
Rind of 1 lemon
Rind of 1/2 orange
4 eggs, beaten
1 1/2 c. honey
3/4 c. oil
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Mix first 3 ingredients well. Beat the eggs until frothy. Continue beating adding honey in a fine stream. Add oil slowly beating until smooth. Add grated mixture to egg mixture. Add nutmeg and cinnamon; mix well. Pour into oiled baking dish. Bake at 325 degrees for 1 hour. Serve hot or cold with ham or chicken.

Scalloped Tomatoes

1 can stewed tomatoes
1/2 tsp. salt
Pepper to taste
2 tbsp. butter
2 tbsp. honey
1 c. cracker crumbs

Drain liquid from the tomatoes. Cover bottom of buttered baking dish with a layer of tomatoes. Sprinkle with salt and pepper. Dot with butter and honey. Cover with a layer of cracker crumbs. Repeat layers until ingredients are used. Bake for 20 minutes in a 375 to 400-degree oven.

Turnips Glazed With Honey

6 sm. whole turnips
1 tbsp. oil
1 tbsp. honey

Leave turnips whole. Steam until tender. Mix oil and honey in pan. Gently turn the steamed turnips in the glaze to coat. Yield: 2 servings.

Vegetarian Chop Suey

1 lg. onion, chopped
1 c. sliced celery
1/2 lb. mushrooms, sliced
2 tbsp. oil
6 c. bean sprouts, washed and drained
1/4 c. beef, chicken or vegetable broth
1 green pepper, chopped
1 tbsp. honey
2 tbsp. soy sauce
Salt to taste

Cook onion, celery and mushrooms in oil in large kettle or wok until tender but not browned. Add bean sprouts and broth. Cook and toss until bean sprouts are tender-crisp. Do not allow vegetables to become soft. Add green pepper, honey, soy sauce and salt; heat thoroughly. Serve with brown rice.

Vegetable Soup

1 c. chopped celery
2 c. chopped spinach
1 c. chopped carrots
1/2 c. chopped parsley
1 tbsp. honey
1 qt. distilled or spring water
1 c. V-8 juice
1 tsp. vegetable salt

Combine vegetables, honey and water in soup pot. Cook for about 25 minutes on medium-low heat. Add V-8 juice and vegetable salt. Simmer about 10 to 15 minutes longer.

Meats

High-quality, full-flavored meats are not only a basic and abundant part of almost everyone's diet, but a favorite for most people, as well. Best of all, meats are always perfectly complemented by the taste of honey.

Because honey has such universal appeal, it lends itself quite easily to many kinds of meat dishes. The flavors of such all-time favorites as chili, spaghetti, meat loaf, stir-fry combinations, as well as steaks, chops, and roasts are all heightened by honey. For variety, meat recipes using honey in glazes, basting sauces, soy sauce and vegetable sauces are also very popular. The inventive honey lover can always find a delightful way to use honey when meat is the feature at the table.

Meat and honey combinations are a tasty and wholesome way to satisfy appetites of growing children and hungry adults, and a palate-pleasing treat for friends and guests, too. For food value and versatility, meats and honey are always your best combination!

Beef Tips Veronique

2 lb. lean beef
1 tbsp. dry mustard
1 tbsp. honey
1 tsp. salt
2 tbsp. chopped parsley
3 c. cooked rice
1/2 c. seedless grapes

Cut beef into 1-inch cubes. Brown in a small amount of fat in a skillet. Add 1/4 cup water; simmer until tender. Remove beef from skillet to heated dish. Combine mustard, honey, salt and 1/2 cup water; add to pan drippings. Simmer to blend. Add parsley, rice and grapes; heat through. Serve rice mixture with beef. Yield: 6 servings.

Teriyaki Steak Appetizers

1 1/2 lb. sirloin steak
1/4 c. salad oil
1/4 c. soy sauce
1/4 c. honey
1/2 c. finely chopped onion
1 crushed garlic clove
1/2 tsp. ginger

Cut steak across grain into long thin strips. Combine remaining ingredients in large flat pan; add steak strips. Marinate for several hours. Lift strips out of marinade; shake to remove excess. Thread strips on metal skewers. Place on charcoal grill; broil over medium coals just until well browned, turning and brushing with marinade. Serve hot.

Marinated Flank Steak

1/4 c. soy sauce
3 tbsp. honey
2 tbsp. vinegar
1 1/2 tsp. garlic powder
1 1/2 tsp. ground ginger
3/4 c. salad oil
1 green onion, finely chopped
1 1 1/2-lb. flank steak

Mix soy sauce, honey and vinegar; blend in garlic powder and ginger. Add oil and green onion. Place steak in shallow pan; cover with marinade. Let stand for at least 4 hours. Cook steak over glowing coals for 5 minutes on each side for medium-rare, basting occasionally with marinade. Yield: 4 servings.

Barbecued Beef Short Ribs

3 lb. beef short ribs
1/2 c. water
1/2 c. catsup
1/4 c. finely chopped onions
2 tbsp. vinegar
2 tbsp. Worcestershire sauce

Brown ribs in skillet; cover tightly and cook slowly for 1 hour. Pour off drippings. Add water to ribs. Cover tightly and cook slowly for 1 hour to 1 hour and 30 minutes longer or until tender. Combine catsup, onions, vinegar, Worcestershire sauce, honey and mustard for

1 tbsp. honey
2 tsp. prepared mustard

barbecue sauce. Remove ribs from skillet; place on rack in broiler pan. Brush ribs with half the barbecue sauce. Place broiler pan 3 to 4 inches from source of heat. Broil for about 5 minutes or until browned. Turn and brush other side with remaining barbecue sauce. Continue broiling for 2 to 3 minutes. Yield: 4 servings.

Hawaiian Short Ribs

4 lb. lean beef short ribs, cut into serving pieces
Instant meat tenderizer
1 lg. can sliced pineapple
1/3 c. soy sauce
1/4 c. honey
1 tbsp. ginger

Trim excess fat from ribs. Sprinkle on all sides with tenderizer according to package directions. Pierce all sides deeply with a long-tined fork and place in single layer in a baking dish. Let stand for 30 minutes at room temperature. Drain the pineapple, reserving 2/3 cup syrup. Combine reserved syrup with soy sauce, honey and ginger and pour over ribs. Chill for 2 to 3 hours. Drain the ribs, reserving sauce. Place the ribs, bone side down, on grill. Add dampened hickory to coals and close the smoker hood. Cook for 1 hour and 45 minutes to 2 hours or until ribs are tender, brushing frequently with reserved sauce. Brush the pineapple with sauce and place on grill with ribs. Cook for 5 to 10 minutes. Heat remaining sauce and serve with ribs. Yield: 4 servings.

Oriental Chuck Roast

3 to 3 1/2 lb. beef chuck roast, cut 1 1/2 in. thick
1/4 c. cooking oil
1/4 c. vinegar
3 tbsp. soy sauce
2 tbsp. honey
1/2 tsp. ground ginger
1 tsp. cornstarch

Place roast in plastic bag in shallow pan. Combine oil, vinegar, soy sauce, honey and ginger. Pour over roast. Tie bag tightly. Refrigerate for several hours or overnight, turning the bag several times to distribute marinade. Drain roast, reserving marinade. Place roast on rack in broiler pan. Broil 3 to 5 inches from the source of the heat for about 15 minutes on each side for medium-rare. Combine the reserved marinade and cornstarch in a saucepan. Cook over medium-high heat until thickened and bubbly. Thinly slice roast diagonally across grain. Spoon marinade over slices. Yield: 6 servings.

Chuck Steak Teriyaki

1/2 tsp. salt
2 tsp. powdered ginger
1/4 c. soy sauce
2 cloves of garlic, minced
2 tbsp. honey
1 1/2 c. grapefruit juice
1/4 c. chopped scallions
1 4-lb. chuck steak, 1 1/2 in. thick

Combine salt, ginger, soy sauce and garlic. Add honey, grapefruit juice and scallions. Place steak in glass or enamel container and add marinade. Marinate in refrigerator overnight, turning steak occasionally. Remove steak from marinade. Place on grill 5 inches from source of heat. Charcoal briquets should have reached the light gray ash stage. Brush generously with marinade. Grill steak 1 hour and 30 minutes to 2 hours, basting occasionally and turning steak only once. Cut steak in very thin slices to serve. Yield: 6-8 servings.

Photograph for this recipe above.

Low-Cal Meat Loaf

2 eggs, slightly beaten
1 1/2 lb. lean hamburger
1 onion, finely chopped
1/2 c. finely chopped celery
1/4 c. chopped dill pickle

Place eggs, hamburger, onion, celery, dill pickle, parsley, salt, pepper, Worcestershire sauce and 1 can tomato sauce in bowl; mix well. Shape into a loaf; place in a shallow baking pan. Mix remaining 1 can tomato sauce,

1/4 c. chopped parsley
1 tsp. salt
1/4 tsp. pepper
1 tsp. Worcestershire sauce
2 4-oz. cans tomato sauce
1/2 tsp. prepared mustard
2 tbsp. vinegar
1 tbsp. honey

mustard, vinegar and honey in a bowl; pour over loaf. Bake in preheated 350-degree oven for 1 hour or until done.

For a quick "pick-me-up," try honey with milk. Since honey is 99% predigested, the energy from honey will move very quickly into the bloodstream.

Tasty Meat Loaf

1 1/2 lb. ground beef
1/2 lb. ground pork
2 eggs, beaten
1 c. cracker crumbs
1 1/2 tbsp. salt
1/2 tsp. milk
2 tbsp. honey
Catsup

Combine all ingredients except catsup; mix well. Shape into a loaf about 2 1/2 inches thick. Place in baking pan. Cover top of loaf with catsup. Bake at 375 degrees for 1 hour. Keep boiling water around loaf about a half-inch deep. Prepare gravy with liquid or cook potatoes in liquid.

Meat Loaf With Honey Sauce

1 recipe meat loaf
1 clove of garlic
1 tbsp. salad oil
1/2 tsp. salt
3/4 tsp. pepper
1/2 c. tomato sauce
2 tbsp. honey

Prepare meat loaf. Place in a shallow pan. Bake according to usual directions. Brown garlic in heated salad oil; remove clove. Add remaining ingredients; mix well. Simmer about 30 minutes. Ten minutes before removing meat loaf from oven cover with honey sauce. Return meat loaf to oven. Bake at 400 degrees for about 10 minutes longer.

Tagliarini

2 tbsp. oil
1 sm. onion, chopped
1 green pepper, chopped
1 clove of garlic, minced
1 lb. ground beef
1 tbsp. honey
2 tsp. salt
1 tsp. chili powder
1/4 lb. dry noodles
3 1/2 c. tomatoes
2 c. diced sharp Cheddar cheese

Heat oil in skillet. Add onion, green pepper, garlic and ground beef. Brown lightly, stirring constantly. Drain off excess oil. Stir in honey, salt and chili powder; blend well. Add noodles, tomatoes and cheese; cover. Bring to a slow boil. Turn heat to low; continue cooking for 30 minutes or until noodles are tender. Yield: 6 servings.

Honey Of A Chili

4 c. ground beef
1 c. chopped onions
1 c. diced celery
1 qt. cooked or canned red beans
1 pt. tomato puree
1 pt. water
1 tbsp. salt
1 tsp. chili powder
1/3 c. honey

Fry ground beef, onions and celery slowly until done. Place beans, tomato puree, water and salt in a saucepan. Bring to a boil. Add meat and vegetables. Let simmer slowly for 2 hours. Add chili powder. Stir in honey just before serving.

Artichokes And Corned Beef Dinner

1 4 to 5-lb. piece corned beef
3 onion slices
4 whole cloves
6 peppercorns
6 coriander
1/8 tsp. caraway seed
1 bay leaf
1 clove of garlic
1 stalk celery
1 carrot

Place corned beef in large saucepan; cover with cold water. Stud onion slices with whole cloves. Add to corned beef with peppercorns, coriander, caraway seed, bay leaf, garlic, celery, carrot and parsley. Cover and bring to a boil. Simmer for 4 hours or until meat is fork tender. Wash artichokes then cut off stems at base and remove small bottom leaves. Remove corned beef from saucepan and place on rack in shallow pan. Add artichokes and whole onions to corned beef broth. Bring to a boil

Few sprigs of parsley
6 artichokes
12 whole white onions, peeled
1/4 c. honey
Dash of ground cloves
1 c. sour cream
1/3 to 1/2 c. prepared horseradish

then simmer, covered, for 35 to 45 minutes or until artichokes are tender. Combine honey with a dash of cloves. Brush onto meat. Bake at 400 degrees for 20 minutes. Mix sour cream and prepared horseradish together; chill. Serve artichokes and onions with glazed corned beef and horseradish sauce. Yield: 8 servings.

Photograph for this recipe on opposite page.

Ranch-Style Franks And Noodles

6 oz. noodles
1 1/2 qt. boiling water
2 tbsp. chopped onion
2 tbsp. margarine
1 tbsp. honey
2 tbsp. lemon juice
1/2 c. chili sauce
1 1/2 tsp. Worcestershire sauce
1/4 tsp. salt
1/4 c. water
4 frankfurters, halved lengthwise

Cook noodles in boiling water for 15 minutes; drain. Brown onion in margarine; stir in remaining ingredients except noodles and frankfurters. Simmer sauce for 5 minutes. Arrange noodles in greased flat 6 x 10-inch casserole. Spread with 1/3 of the sauce. Place frankfurters, cut side down, on sauce; pour remaining sauce over frankfurters. Bake at 350 degrees for 20 to 25 minutes. Yield: 4 servings.

Spicy Lamb With Honey

1 lb. lean boneless lamb, cubed
1/2 tsp. honey
1 tbsp. cornstarch
1 tbsp. dry sherry
2 tbsp. soy sauce
1/4 c. vegetable oil
2 med. green peppers, cut into 1/4-in. slices
3 sm. onions, cut into wedges
1 clove of garlic, minced
1/2 tsp. crushed red pepper
1/2 pt. cherry tomatoes, halved

Place lamb in a bowl. Add honey, cornstarch, sherry and soy sauce; toss to mix. Heat 2 tablespoons oil in a large deep skillet, Dutch oven or wok over high heat; swirl to coat bottom and side. Add green peppers and onions. Stir-fry with slotted spoon until tender-crisp; remove from skillet. Heat remaining oil in skillet. Add garlic, red pepper and lamb. Stir-fry until lamb is browned. Return green peppers and onions to skillet. Add tomatoes. Stir-fry just until heated through. Serve with hot fluffy rice. Yield: 4 servings.

Honey-Lemon Lamb Shoulder

1/4 c. chopped parsley
Salt and pepper to taste
1 lamb shoulder, precarved
1 med. lemon, sliced
1/3 c. honey
2 tbsp. orange juice
1/8 tsp. ground allspice

Sprinkle parsley, salt and pepper on the precarved lamb. Place on a rack in a shallow roasting pan. Roast in a 325-degree oven for 30 to 35 minutes per pound, or until meat thermometer registers 175 degrees for medium doneness. Halve lemon slices; insert lemon slices between lamb slices. Blend honey, orange juice and allspice. Baste lamb occasionally with honey mixture during the last 30 minutes of roasting time. Yield: 6 servings.

Lamb Chops Teriyaki

4 to 8 lamb rib or loin chops, cut 3/4-in. thick
1/4 c. honey
2 tsp. ground ginger
3/4 c. soy sauce
1/4 c. lemon juice
1 clove of garlic, minced

Arrange lamb chops in glass baking dish. Combine honey, ginger, soy sauce, lemon juice and garlic. Pour over lamb; marinate for at least 3 hours or overnight in refrigerator, turning occasionally. Preheat broiler. Place chops on rack in broiling pan 3 to 5 inches from source of heat. Broil for 6 to 8 minutes on one side. Turn and broil for 6 to 8 minutes on other side or until desired degree of doneness is reached. Yield: 4 servings.

Photograph for this recipe on page 68.

Honey-Lamb Kabobs

1 6-oz. package long-grain and wild-rice mix
2 tbsp. minced preserved ginger
1 tbsp. ginger syrup
1/4 c. honey
1 tbsp. lemon juice
1 tbsp. salad oil
1/2 tsp. dry mustard
Salt
1 lb. lamb for stew, cut into 1 1/2-in. chunks
1 sm. green pepper, cut into 1 1/2-in. pieces

Prepare rice according to package directions. Combine ginger with ginger syrup, honey, lemon juice, salad oil, dry mustard and 1/2 teaspoon salt. Skewer lamb chunks alternately with green pepper pieces on four 8 to 10-inch all-metal skewers. Brush generously with honey mixture and sprinkle lightly with salt. Place skewers on rack in broiler pan. Broil for 12 to 15 minutes until tender, basting frequently with honey mixture and turning once. Skewer apple chunks alternately with prunes on four 8 to 10-inch all-metal skewers. Brush with remaining honey mixture. Place on rack in same broiler pan with lamb. Broil for 3 minutes.

1 Golden Delicious apple, cut into 1-in. chunks
1 c. pitted prunes

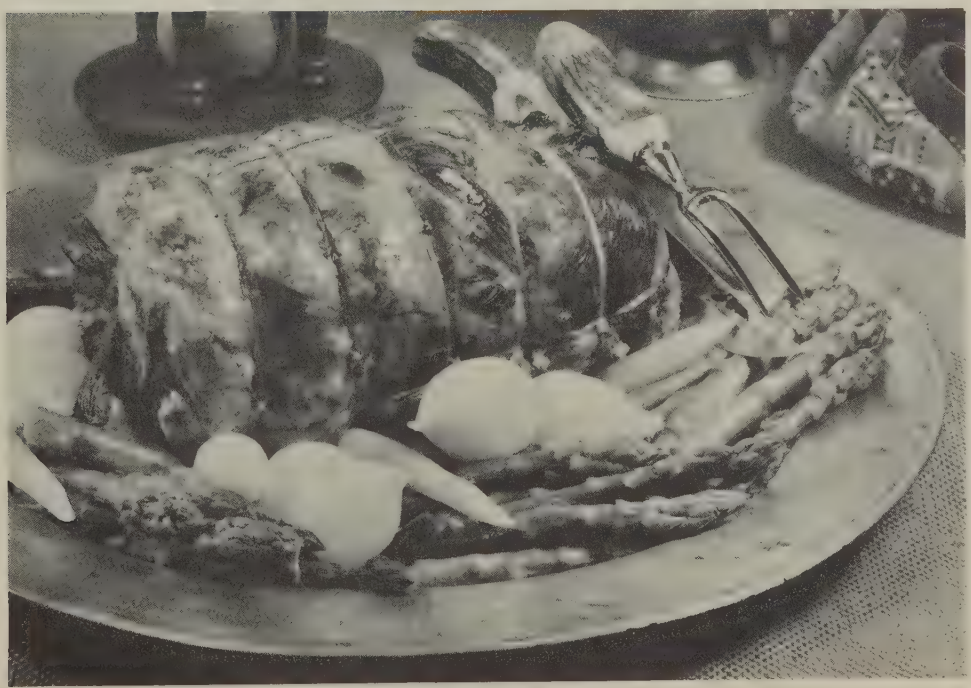
Arrange rice, lamb and fruit kabobs on large platter to serve. Yield: 4 servings.

Stuffed Lamb Roast With Honey-Chutney Glaze

1 5-lb. boned shoulder of lamb
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. mushroom powder
1/4 c. chutney
1 med. onion, sliced
1/4 c. honey
1/4 c. water

Sprinkle inside of lamb with salt, pepper and mushroom powder. Spread with 2 tablespoons chutney and top with onion. Roll up and tie securely with cord. Place on a rack in a shallow roasting pan. Bake in 325-degree oven for 2 hours. Drain off pan drippings and reserve. Mix remaining chutney with honey and water; pour over lamb. Bake for 30 minutes longer or until meat thermometer registers 175 degrees for medium doneness, basting occasionally. Serve lamb with pan drippings or gravy and cooked asparagus spears, carrots and onions. Yield: 6 servings.

Photograph for this recipe below.



Marinated Butterflied Leg Of Lamb

1 leg of lamb, boned and butterflied
1 c. cider vinegar
1 c. cooking oil
1 tsp. salt
1/2 tsp. coarsely ground pepper
2 tsp. dry mustard
1 c. honey
1 lg. onion, sliced and separated into rings

Place lamb in glass, crockery or enamel dish. Combine vinegar, oil, salt, pepper and mustard in 1-quart mixing bowl. Mix very well. Add honey and mix until well blended. Arrange onion slices over lamb. Pour marinade evenly over lamb and onions. Refrigerate for 24 hours, turning occasionally. Let lamb stand at room temperature for 1 hour before barbecuing. Grill over hot bed of coals for about 1 hour and 30 minutes or to desired doneness, basting occasionally with the marinade. Remove lamb from direct heat if dark crust is not desired. Place marinated onion slices in foil pouch; place on grill for 15 minutes before completion of cooking time for lamb. Yield: 8 servings.

Photograph for this recipe on page 67.

Baked Sliced Ham

1 5 to 6-lb. canned ham, sliced
Whole cloves
1/4 c. honey
2 tbsp. prepared mustard
2 tsp. minced onion
2 tsp. Worcestershire sauce
1/4 tsp. lemon peel
1/8 tsp. ginger

Tie ham securely with string around sides and over top and bottom. Refrigerate until ready to bake. Press cloves in rows on ham slices. Place on rack in shallow baking pan. Mix honey, mustard, onion, Worcestershire sauce, lemon peel and ginger together. Spread over top and sides of ham. Bake in 350-degree oven about 1 hour. Serve hot or cold. Remove string before serving. Yield: 12-15 servings.

Glazed Ham Balls

Ground ham
Ground pork
Raisin bran cereal
Chopped onion
Milk

Combine desired quantities of ham, pork, raisin bran cereal, onion and milk. Season to taste. Mix thoroughly. Shape mixture into 12 balls. Place in 3-inch muffin cups. Bake in 350-degree oven for 20 minutes.

RECIPE ON PAGE 66.

Paul's Casserole

2 c. ground ham
1 can whole-kernel corn
1 tsp. salt
1 tsp. paprika
1/2 tsp. mace
Pepper to taste
1 tbsp. butter
1/2 c. honey
1/2 c. water

Spread half the ground ham in the bottom of a buttered casserole. Mix corn with next 4 ingredients. Spread over ham. Dot with butter. Top with remaining ham. Mix honey with water. Pour slowly over the top. Bake in a 300-degree oven for 40 minutes.

Baked Smoked Ham With Honey Glaze

1 7 to 10-lb. boneless smoked full-cooked ham
Honey Glaze

Place ham on a rack in an open roasting pan. Insert meat thermometer so the bulb is centered in the thickest part. Do not add water. Do not cover. Roast in 325-degree oven until thermometer registers 140 degrees. Allow approximately 15 to 18 minutes per pound. Spread ham with Honey Glaze 10 minutes before end of cooking time.

HONEY GLAZE

1/4 c. honey
1 tbsp. cornstarch
2 tbsp. sweet pickle relish
1 tbsp. prepared horseradish

Combine honey and cornstarch in a small saucepan. Add sweet pickle relish and horseradish and cook for 1 minute, stirring constantly.

Photograph for this recipe on page 33.

Stuffed Ham Steak

1 egg, slightly beaten
2 c. soft bread crumbs
1/2 c. chopped raisins
1/2 c. chopped peanuts
2 tbsp. honey
1/2 tsp. dry mustard
1/4 c. oil
2 lg. slices smoked ham

Combine egg, crumbs, raisins, peanuts, honey, mustard and oil to form dressing; mix well. Place 1 slice ham in shallow baking pan; spread dressing on ham. Place second slice ham on top; stick cloves into fat. Bake in 300-degree oven for about 1 hour. May baste with combination of 1/4 cup honey and 1/2 cup ginger ale for variation. Yield: 5-6 servings.

RECIPE ON PAGE 64.

Honey-Glazed Baked Ham

1 ham
1 c. (or more) honey
Orange slices

Place ham, fat side up, on rack in an open pan. Do not add water. Do not cover. Bake in a preheated 325-degree oven according to timetable below. Remove rind from ham. Score fat into diamond shapes. Pour honey over ham to cover well. Return to oven and bake for 15 to 20 minutes longer or until brown. Garnish with orange slices.

Photograph for this recipe above.

BAKED HAM TIMETABLE

SIZE OF HAM	TOTAL TIME	MINUTES PER POUND
5 to 7 Pounds	2 to 2 1/2 hours	22
8 to 10 Pounds	2 1/4 to 3 Hours	20
10 to 12 Pounds	3 to 3 1/2 Hours	18
12 to 15 Pounds	3 1/2 to 4 Hours	17
16 to 18 Pounds	4 to 4 1/2 Hours	15

Pork Chops Supreme

1 c. hot catsup
6 tbsp. honey
6 pork chops, 1/2 in. thick
1 lg. lemon, sliced

Blend catsup and honey. Pour over each pork chop. Top each chop with 1 fresh lemon slice. Bake in 325-degree oven for 1 hour or until done.

Pork Chops With Spinach Dumplings

6 rib, sirloin, or blade pork chops
Salt
Pepper
1/2 c. chopped onion
1 clove of garlic, minced
2 c. tomato juice
1 4-oz. can mushroom stems and pieces, drained
1 tsp. honey
1/4 tsp. dried thyme, crushed
1/4 tsp. dried marjoram, crushed
1/4 tsp. dried rosemary, crushed
1 egg, beaten
1 10-oz. package frozen chopped spinach, thawed and well drained
1/3 c. fine dry bread crumbs
1/4 c. grated Parmesan cheese
1 tbsp. butter or margarine, melted
2 tbsp. all-purpose flour

Trim excess fat from pork chops. Cook fat trimmings in a 12-inch skillet to render 2 tablespoons drippings; discard remaining fat. Season chops with salt and pepper to taste. Brown chops in hot drippings. Remove chops and set aside. Cook onion and garlic in the same skillet until onion is tender but not brown. Add 1 3/4 cups tomato juice, mushrooms, honey, 1/2 teaspoon salt, dash of pepper, thyme, marjoram and rosemary. Return chops to skillet. Simmer, covered, for 25 minutes. Combine egg, spinach, bread crumbs, Parmesan cheese and butter. Place 2 tablespoons spinach mixture on each chop to form dumpling. Simmer, covered, until dumplings are heated through, about 10 to 15 minutes. Remove chops and dumplings to platter. Blend flour with the remaining 1/4 cup tomato juice. Stir into pan juices. Cook and stir until thickened and bubbly. Serve over chops. Yield: 6 servings.

Teriyaki Pork Chops

1 c. soy sauce
3/4 c. water
1/2 c. sweet vermouth
1/2 c. honey
4 cloves of garlic, crushed
1 1-in. piece of gingerroot, grated
8 pork chops

Combine all ingredients except pork chops and mix well. Marinate chops in sauce in refrigerator overnight. Drain pork chops and reserve marinade. Broil pork chops over charcoal until done, basting frequently with reserved marinade. Yield: 4 servings.

Honey-Fruited Pork Chops

4 double loin pork chops
1 8 1/2-oz. can sliced pineapple
1/2 c. honey
1/4 c. pineapple syrup
1 tbsp. prepared mustard
Maraschino cherries

Cut a pocket into each chop and insert 1/2 slice pineapple. Combine honey, pineapple syrup and mustard and spoon a small amount over each chop. Bake at 350 degrees for 1 hour and 30 minutes, drizzling honey sauce over the chops frequently. Remove chops from oven. Top each with 1/2 slice pineapple and a maraschino cherry. Return to oven for 1 or 2 minutes to warm the fruit. Heat remaining honey sauce and serve with chops. Yield: 4 servings.

Photograph for this recipe above.

Ginger Pork Roast

1 3-lb. pork loin
1 tsp. Kitchen Bouquet
1 tsp. honey
1 tsp. salt
2 tsp. ginger
1 lg. onion, sliced

Place pork in shallow pan, fat side up. Blend Kitchen Bouquet, honey, salt and ginger; brush on pork. Bake at 350 degrees for 1 hour and 15 minutes. Place onion slices over top. Bake for about 50 minutes longer or until done. Yield: 5 servings.

Pork With Honey-Raisin Sauce

1 5-lb. lean boneless pork roast, rolled and tied
3 tbsp. wine vinegar
2 tsp. dry mustard
1 tsp. hickory smoked salt
1 c. seedless raisins
1/4 c. honey
1/2 c. chili sauce
2 tbsp. dry sherry

Rub roast with 1 tablespoon vinegar, mustard and salt. Place in shallow roasting pan. Bake in 325-degree oven for 2 hours. Drain fat from pan. Combine remaining 2 tablespoons vinegar with all remaining ingredients; spoon over pork. Cook for about 30 minutes longer or until pork is tender and glazed. Pork will register 185 degrees on meat thermometer when done. Yield: 6-8 servings.

Photograph for this recipe on page 56.

Sweet Roasted Pork

1 5-lb. pork loin roast
1 1-lb. 4-oz. jar apricot preserves
1/3 c. honey
1/4 c. lemon juice
1/4 c. soy sauce
1/2 clove of garlic, minced
1 sm. onion, minced
1 c. ginger ale
1/8 tsp. ginger
1/8 tsp. pepper (opt.)
1 1-lb. 13-oz. can whole apricots
1 tbsp. grated lemon rind
1/4 c. grated coconut
Parsley sprigs

Remove bone from roast and tie roast with string. Place in a dish. Combine 1/2 the apricot preserves with honey, lemon juice, soy sauce, garlic, onion, ginger ale, ginger and pepper and pour over roast. Marinate for 4 to 5 hours, turning occasionally. Remove roast from marinade and reserve marinade. Insert meat thermometer in roast and place roast on spit. Cook over low coals for about 3 hours and 30 minutes or to 185 degrees on meat thermometer, basting frequently with reserved marinade. Spread with half the remaining apricot preserves and grill for 5 minutes longer. Heat remaining marinade with remaining apricot preserves and serve over roast. Heat apricots with lemon rind. Remove roast to hot serving platter. Garnish with apricots and sprinkle with coconut and parsley sprigs. Yield: 6-8 servings.

Hawaiian Spareribs

1 1/2 to 3 lb. small spareribs
1/3 c. soy sauce
1/4 c. honey
1 c. canned crushed pineapple, drained

Cut spareribs into serving pieces. Cover with water; parboil for 15 minutes. Remove from water; drain thoroughly. Arrange in a shallow pan. Brush both sides of ribs with soy sauce and honey. Bake at 350 degrees for 30 minutes. Spoon pineapple over ribs; continue baking for 30 minutes longer. Yield: 4 servings.

Barbecued Spareribs

4 lb. spareribs
2 1/2 tsp. salt
1/2 c. chopped onion
2 cloves of garlic
1 1/2 c. catsup
2 tbsp. vinegar
1 c. honey
1 tsp. prepared mustard
1/2 tsp. pepper
2 tbsp. escoffier sauce or other steak sauce

Cut spareribs into serving-sized portions. Simmer in enough water to cover with 2 teaspoons salt for 30 minutes. Mix remaining ingredients. Cook over low heat for 5 to 7 minutes. Drain ribs; place in baking pan. Pour sauce over ribs. Bake in 400-degree oven for 45 minutes or until tender. Baste every 10 minutes with sauce. Yield: 4-6 servings.

Mandarin Pork Slices

1 c. soy sauce
1/2 c. vegetable oil
1 garlic clove, minced
3 tbsp. honey
1 tbsp. monosodium glutamate
1 tbsp. ginger
1 tbsp. dry mustard
2 pork tenderloins
1 box frozen French fried potatoes

Combine soy sauce, vegetable oil, garlic, honey, monosodium glutamate, ginger and mustard. Place tenderloins in a baking dish. Pour marinade over tenderloins. Refrigerate for 24 hours, turning occasionally. Remove from marinade. Grill over hot coals until well done, about 30 to 45 minutes. Turn meat as it browns. Brush French fried potatoes with marinade. Heat in foil pan over coals. Cut pork into 1/2-inch slices. Serve with hot potatoes as an appetizer or main course. May be served with sweet-sour sauce or mustard sauce. Yield: 4 servings.

Teriyaki

1/2 c. soy sauce
1/4 c. honey
1/2 tsp. monosodium glutamate
1 clove of garlic
Fresh pork slices, 1/4 to 1/2 in. thick

Combine all ingredients except pork. Marinate pork in sauce overnight in refrigerator. Turn occasionally. Preheat oven to 350 degrees. Place pork on rack in pan lined with foil to catch drippings. Bake about 50 minutes, turning and basting frequently with drippings until pork is tender. Yield: 4 servings.

Pork Sukiyaki

1 lb. boneless lean pork
1/2 c. soy sauce

Slice pork into thin bite-sized pieces. Stir soy sauce, flour and honey together until smooth

1 tbsp. all-purpose flour
1 tbsp. honey
2 tbsp. salad oil
1 16-oz. can bean sprouts, drained
1 bunch green onions, cut in 2-in. pieces
1/2 lb. mushrooms, sliced
1 5-oz. can bamboo shoots, drained and sliced
1 c. regular long-grain rice, cooked
1 10-oz. bag spinach

in a small bowl. Heat oil in 12-inch cook-and-serve skillet over medium-high heat. Brown the pork, then push to one side. Add soy sauce mixture. Add bean sprouts, green onions, mushrooms and bamboo shoots, keeping vegetables separate. Cook for 5 minutes, turning vegetables in place occasionally. Prepare rice according to package directions. Push pork and vegetables into separate piles around edge of skillet. Gradually add spinach in the center. Cook until spinach is tender-crisp. Serve with rice. Yield: 4 servings.

Stir-Fry Honey Pork And Rice

3 eggs, slightly beaten
3 tbsp. cooking oil
1 lb. pork cubed steaks, cut in 1/2 to 3/4-in. strips
1 med. cucumber, thinly sliced
1 c. bias-sliced celery
1/4 c. chopped green onion with tops
1 sm. clove of garlic, minced
1 tbsp. honey
2 c. cooked long-grain brown rice
1/4 c. soy sauce
2 med. tomatoes, cut in eighths

Cook eggs in 1 tablespoon oil in a large skillet, until set, stirring just enough to break eggs into bite-sized pieces. Remove from skillet and set aside. Heat 1 tablespoon oil in same skillet. Add pork strips and cook quickly until browned. Remove from skillet and set aside. Stir-fry cucumber, celery, green onion, garlic and honey in same skillet over medium-high heat in remaining oil until tender, about 4 minutes. Stir in rice, soy sauce, cooked pork and egg. Arrange tomatoes on top. Cover and simmer, just until tomatoes are hot, about 3 minutes. Yield: 4 servings.

Blend honey with peanut butter to create a fine glaze for baked ham. It's great for sandwiches and plain cookies, too.

Honeyed Pork And Beans

1/2 sm. onion, diced
1 tbsp. bacon fat
2 smokie sausages
1 1-lb. can pork and beans in tomato sauce
2 tbsp. honey

Fry the diced onion in bacon fat. Cut sausages into bite-sized chunks. Add to onions. Add beans and honey. Heat through. Yield: 2 servings.

Poultry and Seafood

The value of poultry and the taste variations of seafood are undeniable assets in any well-rounded repertory of delicious recipes. The flavor of each is distinct and elegant, yet both are as adaptable as any of the best "all-purpose" foods. Combined with the special subtlety of honey, the excitement of both poultry and seafood is at its very best.

Honey adds new dimensions to all poultry cooking – chicken, turkey, wild fowl, Cornish hens. Fruits, herbs, spices, and other savory ingredients go together perfectly with honey to make excellent entrees, mouth-watering glazes, as well as tasty basting and barbecuing sauces for every variety of poultry and seafood your family enjoys. Whether roasted, broiled, grilled, or fried, you can be sure these foods will be better than ever before when prepared with honey.

Poultry is a nutritious food that your family and friends will never grow tired of, and it will please the budget as much as the appetite. And, because most seafood offers high-quality protein for very few calories, you will want to serve it as often as possible. Combined with honey, both of these popular entrees will make the perfect taste treat at all times!

Golden-Broiled Chicken

3 tbsp. butter
1 2-lb. chicken, disjointed
1 1/2 tsp. salt
1/4 c. honey
1/4 c. prepared mustard
1 tbsp. lemon juice

Melt butter in foil-lined 13 x 9 x 2-inch pan. Place chicken in butter, skin side down; sprinkle with 1/2 teaspoon salt. Blend remaining salt, honey, mustard and lemon juice. Brush half the honey mixture on the chicken. Bake at 350 degrees for 30 minutes. Turn the chicken; brush with remaining honey mixture. Bake for 30 minutes longer or until tender. Yield: 4 servings.

Chicken Oriental

1 5-lb. chicken, disjointed
1/2 c. soy sauce
1/4 c. honey
1 clove of garlic, minced
1/4 tsp. ginger
1/2 tsp. dry mustard
1/2 c. thinly sliced green onions

Arrange chicken, skin side down, in a single layer in a baking dish; cover. Bake at 350 degrees for 2 hours. Combine soy sauce, honey, garlic, ginger and mustard. Drain most of the drippings from baking pan; turn chicken. Spoon sauce over chicken. Cover; bake for 40 minutes longer. Uncover; bake until chicken is browned. Sprinkle chicken with onions; serve hot. Yield: 8 servings.

Chinese Honeyed Chicken

2 3-lb. frying chickens
2 eggs
1/4 c. melted butter
1/4 c. soy sauce
1/4 c. lemon juice
1/2 c. honey
Seasonings to taste

Cut chickens into serving pieces; arrange in shallow baking pan. Beat eggs slightly. Add melted butter, soy sauce, lemon juice, honey and seasonings; mix well. Pour sauce over chickens, turning to coat. Bake, uncovered, in 300-degree oven for 2 hours or until done, turning and basting twice. Yield: 12 servings.

Honey Chicken Supreme

2 tbsp. oil
1 3-lb. fryer, cut up
2 tbsp. soy sauce
1/2 c. sherry
2 tbsp. honey
1 tsp. salt
1 scallion, diced

Heat oil in skillet. Brown chicken. Drain oil. Combine remaining ingredients. Pour over the chicken. Simmer in covered pan until brown, about 30 minutes. Yield: 5 servings.

Golden Glow Chicken

1/2 c. honey
1/3 c. prepared mustard
2 tbsp. lemon juice
1 tsp. salt
1 broiler/fryer, halved or quartered
Melted butter

Combine honey, mustard, lemon juice and salt. Mix thoroughly. Set aside 1/2 cup of the honey-mustard mixture. Place chicken in a shallow dish. Brush both skin and cut sides with remaining 1/2 cup sauce. Refrigerate for about 2 hours. Drain excess sauce from chicken; reserve for basting. Place skin-side down in broiler pan, not on rack. Brush with melted butter. Broil about 20 minutes, or until chicken begins to brown. Brush with sauce drained from the chicken and continue broiling about 10 minutes longer. Turn chicken skin-side up. Brush with additional melted butter. Broil until almost done, about 20 minutes. Baste with pan drippings and continue broiling 10 minutes longer or until golden brown and the drumstick twists easily. Serve with reserved 1/2 cup honey-mustard sauce. Yield: 2-4 servings.

Photograph for this recipe on page 2.

Golden Honeyed Chicken

1 3 1/2-lb. fryer
Salt and pepper to taste
Flour
4 tbsp. butter, melted
1 c. milk
1/2 c. honey
1/2 c. mushrooms

Cut chicken into serving pieces. Season with salt and pepper. Dust with flour. Arrange in flat baking dish or roaster. Pour melted butter over top. Place in 400-degree oven, uncovered, for 30 minutes to brown. Reduce temperature to 350 degrees. Mix milk with honey; pour over the chicken. Bake for 1 hour longer. Add mushrooms 15 minutes before serving. Yield: 4-5 servings.

Peachy Honey Chicken

2 lg. fryers
Salt to taste
1 can peach nectar
1 tbsp. Worcestershire sauce
2 to 3 tbsp. honey
1 stick margarine or butter

Cut fryers in half; rub with salt. Combine remaining ingredients in saucepan; bring to a slow boil. Cook chicken over a hot charcoal fire; brush with peach sauce. Turn and baste frequently for 45 minutes to 1 hour or until chicken is tender. Yield: 4-6 servings.

Curry-Honey Chicken

1/4 c. melted butter
1 c. honey
1 tbsp. mild mustard
2 tsp. curry powder
1 2 to 2 1/2-lb. frying chicken, disjointed

Combine butter, honey, mustard and curry powder in bowl. Dip chicken into honey mixture. Arrange in a greased 10 x 8 x 2-inch baking dish. Pour remaining sauce over chicken. Bake at 425 degrees for 1 hour or until tender. Cover lightly with foil if chicken browns too quickly.

Fruited Chicken And Rice

1 3-lb. fryer, cut into serving pieces
2 tbsp. cooking oil
1 med. onion, chopped
1 clove of garlic, minced
1 tsp. salt
1/4 tsp. cinnamon
1/8 tsp. cloves
1/8 tsp. cayenne
1 c. fresh orange juice
1 c. rice
1 13 1/2-oz. can pineapple tidbits
1 tbsp. cornstarch
1 tbsp. honey
12 cherry tomatoes, cut in half
1 tsp. grated orange rind
1 c. sliced celery

Brown chicken in oil in 10-inch skillet, turning to brown well on both sides. Add onion and garlic. Sprinkle with salt, cinnamon, cloves and cayenne. Add 1/2 cup orange juice. Cover and cook over low heat until chicken is tender, about 45 minutes. Cook rice according to package directions. Remove chicken from skillet; keep warm. Skim off excess fat. Drain pineapple tidbits, reserving 1/2 cup syrup. Mix cornstarch and honey. Add remaining 1/2 cup orange juice and pineapple syrup; stir until smooth. Add to pan drippings; cook until thickened, stirring constantly. Return chicken to skillet. Add pineapple tidbits and cherry tomatoes. Spoon sauce over chicken. Sprinkle with orange rind. Stir celery into hot cooked rice; heat. Serve with chicken. Yield: 6 servings.

Oven-Fried Chicken

1 3 to 3 1/2-lb. chicken, boned
1 tsp. smoked garlic salt
1/2 tsp. pepper
2 tsp. Italian seasoning
1/2 tsp. sweet basil
Salt to taste
2 tbsp. cranberry sauce
2 tsp. orange juice concentrate
5 tbsp. honey

Cut chicken into 2-inch pieces. Place chicken in large bowl. Combine garlic salt, pepper, Italian seasoning and basil; sprinkle over chicken, tossing chicken to coat well. Arrange chicken in large shallow foil-lined baking pan; sprinkle with salt. Bake, covered lightly with foil, at 375 degrees for 30 minutes; remove foil. Bake for 30 minutes longer. Combine cranberry sauce, orange juice and honey; blend thoroughly. Brush chicken with cranberry mixture. Bake for 10 minutes longer. Transfer chicken

1/4 c. crushed barbecued potato chips

to heated platter; sprinkle with potato chips. Garnish with pineapple and parsley, if desired.

Oven-Barbecued Chicken

1 3-lb. fryer, cut up
1/4 c. butter, melted
1 tbsp. lemon juice
1 tbsp. paprika
1/2 c. salad dressing
1/4 c. hot catsup
2 tbsp. honey

Season chicken as desired. Combine remaining ingredients in baking pan. Arrange chicken in a single layer. Turn once to coat. Bake at 350 degrees for 45 minutes to 1 hour or until tender, basting every 15 minutes. Yield: 5-6 servings.

Honey-Orange Chicken

1 c. fine bread crumbs
1 tbsp. grated orange rind
1 tsp. salt
1/4 tsp. pepper
1 3-lb. frying chicken, disjointed
1/2 c. orange juice
1/2 c. chicken broth
1/4 c. butter or margarine
1/2 c. honey

Combine bread crumbs, orange rind, salt and pepper. Dip chicken pieces in orange juice; roll in crumb mixture. Arrange chicken pieces, skin side up, in greased shallow baking dish. Combine chicken broth, butter and honey in saucepan; heat until butter is melted. Pour butter mixture over chicken. Bake at 350 degrees for 1 hour or until chicken is tender, basting occasionally. Yield: 4 servings.

Honey-Chicken Delight

3 whole chicken breasts, deboned and skinned
1/4 c. plus 2 tbsp. butter
5 shallots, chopped
1/2 clove of garlic, minced
6 to 8 mushrooms, thinly sliced
2 tbsp. cognac
1 c. whipping cream
1/4 c. sherry
2 tbsp. flour
Salt and pepper to taste
1 tsp. honey

Cut chicken into medium-sized cubes. Melt 3 tablespoons butter in a skillet; add shallots and garlic. Saute about 1 minute. Add chicken cubes. Cook chicken, stirring constantly, until tender. Saute mushrooms in 1 tablespoon butter in separate skillet until mushrooms are limp. Remove from heat. Add cognac to chicken; ignite. As flame dies add cream and sherry. Bring to a boil. Combine flour and 2 tablespoons softened butter to form a paste. Add the mushrooms and half the flour paste to the chicken mixture. Stir to combine, adding more flour paste as necessary to bring sauce to desired consistency. Season with salt, pepper and honey, adjusting seasonings to taste. Serve chicken over rice or noodles. Garnish with minced parsley. Yield: 4-6 servings.

Honey-Walnut Chicken

2 whole chicken breasts, skinned and boned
1 egg white, slightly beaten
1 tbsp. cornstarch
1/2 tsp. salt
1/2 tsp. honey
1 lb. fresh broccoli
1/2 bunch green onions
8 tbsp. vegetable oil
1/4 c. chicken broth or water
2 cloves of garlic, crushed
1/4 tsp. ground ginger
1 tbsp. soy sauce
1 tbsp. dry sherry
1 c. walnut halves or pieces

Cut chicken into 1-inch cubes in a mixing bowl. Mix egg white, cornstarch, salt and honey. Add to chicken; toss until mixed. Trim outer layer of broccoli stalks; cut each stalk in half crosswise. Separate top half into flowerettes; cut lower half into 1/2-inch strips. Cut green onions into 1-inch lengths. Heat 2 tablespoons oil in a large, deep skillet, Dutch oven or wok over high heat; swirl to coat bottom and side. Add broccoli and onions; stir-fry, using slotted spoon, until coated with oil. Add broth; cover. Cook for 2 minutes or until broccoli is tender-crisp. Remove to medium bowl. Reheat pan. Add remaining oil. Add chicken cubes. Stir-fry until lightly browned; remove to paper toweling to drain. Remove all but 2 tablespoons oil from pan. Add garlic and ginger. Fry until browned to flavor the oil, then discard garlic. Add chicken; stir-fry until golden brown. Stir in vegetables, soy sauce and sherry. Season to taste. Spoon mixture onto warm platter. Sprinkle with walnuts. Serve with hot, fluffy rice if desired. Yield: 4 servings.

Pineapple-Glazed Breasts Of Chicken

1 8 ¼-oz. can pineapple slices
1 1/2 tbsp. soy sauce
2 tbsp. wine vinegar
2 tbsp. honey
2 tbsp. catsup
4 boned and skinned chicken breasts
2 tbsp. butter
1 tbsp. cooking oil
2 tsp. cornstarch

Drain pineapple, reserving syrup. Combine reserved syrup with soy sauce, vinegar, honey and catsup. Pour over chicken breasts. Cover and refrigerate for 1 to 2 hours. Drain, reserving marinade. Brown chicken in heavy skillet in 1 tablespoon butter and oil. Blend cornstarch with marinade and remaining 1 tablespoon butter and bring to a boil. Pour mixture over chicken in skillet. Cover tightly and cook slowly about 20 minutes or until tender. Baste with pan drippings several times to glaze chicken. Add drained pineapple slices to heat and glaze, about 5 minutes. Yield: 4 servings.

Photograph for this recipe on opposite page.

Special Party Chicken Livers

1/3 c. soy sauce
3 tbsp. bourbon or sherry
2 tbsp. honey
2 cloves of garlic, crushed
1 lb. chicken livers, halved
1 c. walnuts
2 tbsp. (about) oil
2/3 c. beef consomme
2 tbsp. each cornstarch and Worcestershire sauce
Flour
Hot cooked rice
1/4 c. sliced green onions with tops

Mix soy sauce, bourbon, honey and garlic in a small bowl. Add chicken livers and marinate at least 1 hour. Saute walnuts in 2 tablespoons oil in a wok or skillet until golden. Remove with slotted spoon and set aside. Drain marinade from chicken livers into saucepan. Add consomme, cornstarch and Worcestershire sauce. Stir over medium heat until thickened. Set aside and keep warm. Pat chicken livers dry with paper towels. Coat with flour. Quickly saute in wok over high heat, adding more oil if necessary, until very brown and firm. Place chicken livers in the sauce with slotted spoon. Serve over rice. Top with walnuts and onions. Yield: 4 servings.

Oriental-Style Chicken Thighs

2 lb. chicken thighs
Salt and pepper to taste
1/2 c. honey
1/4 c. soy sauce
1 tbsp. each catsup and oil
1 med. clove of garlic, crushed
1/2 tsp. ginger

Sprinkle chicken thighs with salt and pepper. Place in 12 x 8 x 2-inch baking dish. Combine honey, soy sauce, catsup, oil, garlic and ginger; mix well. Pour over the chicken. Bake in preheated 400-degree oven, basting occasionally, for 45 minutes to 1 hour or until chicken is tender and sauce caramelized. Add about 1/4 cup hot water if sauce begins to burn. Remove chicken from sauce and chill. Yield: 4 servings.

Peachy Rock Cornish Hens

2 Rock Cornish game hens, thawed
1 6-oz. package chicken-flavored rice mix
Butter
1 1-lb. can cling peach halves
2 tbsp. honey
1 tbsp. dry mustard
1/4 tsp. curry powder
Paprika

Remove giblets from game hens; save for other uses. Split hens in half with poultry or kitchen shears. Rinse well; pat dry. Combine seasoning in rice package with water and butter according to package directions. Place in 7 x 11-inch baking dish. Cook, uncovered, in microwave oven for about 1 minute or until hot; stir in the rice. Cover; cook for 2 minutes longer. Arrange hen halves in dish, skin side down, with meaty portions near edges of dish. Cover; cook for 10 minutes, turning dish 2 or 3 times. Drain peach halves, reserving 2 tablespoons syrup. Set peaches aside. Combine reserved syrup, 1 tablespoon butter, honey, dry mustard and curry powder in a small bowl. Cook, uncovered, for about 45 seconds or until bubbly. Lift out hen halves; stir rice well. Return hens to dish, skin side up. Brush skin evenly with honey mixture; cook for 10 minutes longer or until meat near bone is no longer pink. Arrange peach halves around poultry; brush with any remaining honey mixture. Cook, covered, for about 45 seconds. Sprinkle paprika over poultry and peaches. Let stand, covered, for 5 minutes before serving. Yield: 4 servings.

Cornish Hens In Orange And Honey Sauce

1 pkg. wild rice
2 Cornish hens
Salt to taste

Cook rice according to package directions. Sprinkle hens inside and out with salt. Stuff hens with rice; truss securely. Rub hens with

Butter or margarine
4 slices bacon, halved
1/2 c. honey
1/2 c. concentrated orange juice
1 tbsp. lemon juice

butter. Place bacon in glass baking dish; arrange hens over bacon. Preheat oven to 350 degrees. Bake hens for 1 hour. Combine honey, orange juice and lemon juice. Baste hens with half the orange sauce; turn hens. Baste for 5 minutes longer. Turn hens; baste. Return to oven. Bake for 15 minutes; add remaining sauce. Bake for 15 minutes longer. Remove hens and bacon; arrange hens on warm platter. Drain off excess fat from sauce; serve over hens. Bacon may be served as a side dish.

Sherried Duck

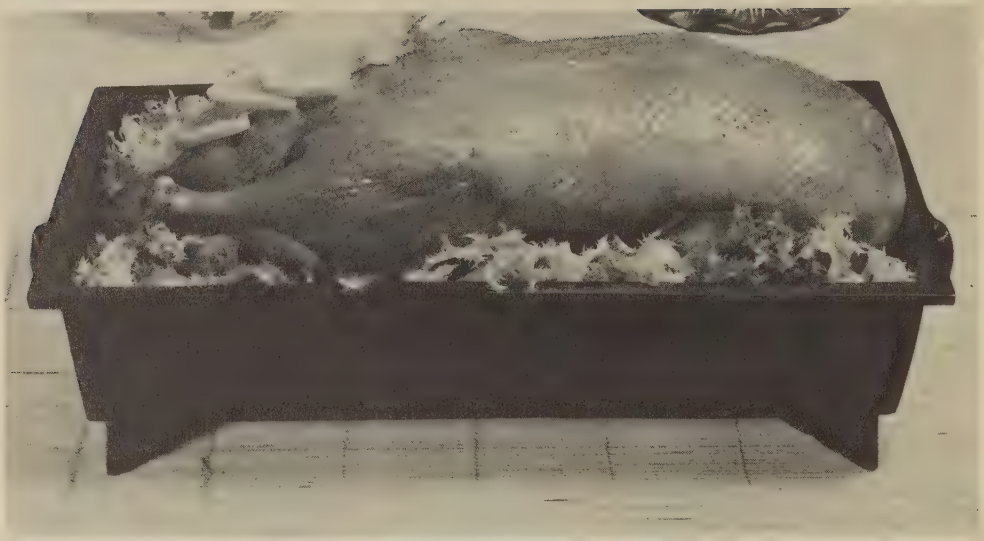
1 tbsp. butter, melted
Salt and pepper to taste
2 1/2 c. white cooking sherry
1 5 to 6-lb. duck
3 c. honey
Orange slices

Combine butter, salt, pepper and sherry. Place duck on rack in shallow pan. Brush with sherry mixture. Bake at 375 degrees for 2 hours and 30 minutes, basting with remaining sherry mixture. Coat duck with honey; bake for 30 minutes longer or until golden brown. Cut duck into fourths. Place orange slices over wings and legs. Yield: 4 servings.

Orange Duck

1 duck
2 1/8 tsp. salt
1 tsp. ground ginger
1 tsp. ground basil
1/2 tsp. pepper
3/4 c. honey
1/4 c. butter
3 tbsp. orange juice
2 tsp. lemon juice
1 tsp. orange peel
1/8 tsp. dry mustard
1/2 tsp. cornstarch
2 oranges, sliced

Clean duck. Dry thoroughly inside and out. Combine 2 teaspoons salt, ginger, basil and pepper. Rub half the mixture on the inside of the duck. Heat honey, butter, orange juice, lemon juice, orange peel, mustard and 1/8 teaspoon salt together until butter melts. Rub 2 to 3 tablespoons on the inside of the duck. Truss the duck. Rub remaining ginger mixture on the outside of the duck. Place duck on a large piece of aluminum foil. Pour remaining honey mixture over duck. Wrap foil around duck. Roast in a 325-degree oven for 1 hour and 45 minutes. Unwrap. Baste with drippings. Return to oven for 20 to 25 minutes longer or until brown. Place duck on platter. Combine cornstarch with a small amount of cold water; add to drippings. Stir and heat to boiling. Serve with duck. Garnish with orange slices.



Chinese Roast Duck

1 4 or 5-lb. duck
Salt
2 tbsp. instant minced onion
1 tbsp. celery flakes
1/4 tsp. ground cinnamon
1/8 tsp. whole anise seed
1/3 c. plus 1 1/2 tsp. soy sauce
2 tbsp. honey
2 tbsp. cider vinegar
1 tsp. cornstarch

Wash and remove excess fat from body and neck cavities of duck. Rub inside lightly with salt. Combine instant minced onion, celery flakes, cinnamon, anise seed, 1/3 cup soy sauce and 1 cup water. Bring to a boil. Pour hot sauce inside duck. Tie the duck's neck tightly with string so sauce will not seep out while cooking. Rub outside of duck with a small amount of sauce. Place on a rack, breast side up, in roasting pan. Roast in preheated 325-degree oven for 20 minutes. Heat 1 cup water with honey, cider vinegar, 1 1/2 teaspoons soy sauce and 3 1/2 teaspoons salt. Brush over skin of the duck. Continue cooking for 1 hour and 30 minutes or until duck is tender, basting at 20-minute intervals with the sauce. Remove from the oven and drain the sauce into a saucepan. Thicken with cornstarch mixed with 2 teaspoons water. Cook until slightly thickened. Serve separately with duck. Yield: 4 servings.

Photograph for this recipe above.

Cold Turkey Orientale

1/4 c. soy sauce
1/4 c. honey

Stir together soy sauce, honey, sherry, garlic and ginger in a small bowl; set aside. Place flour

1/4 c. sherry
1 lg. clove of garlic, crushed
1 tsp. ginger
1 tbsp. flour
1 5-lb. frozen turkey breast, thawed

in 16 x 10-inch plastic oven-roasting bag and shake to coat sides of bag. Place turkey in bag in shallow baking dish. Pour soy sauce mixture over turkey. Follow package instructions for sealing and piercing bag. Bake in preheated 375-degree oven for 1 hour and 20 minutes or until turkey is tender and juices run clear when turkey is pierced with a fork. Remove turkey and gravy from bag. Cool separately. Slice turkey thin. Lift fat from gravy; strain gravy. Serve gravy hot or cool over cold turkey slices. Yield: 8 servings.

Pineapple Skewers Pacifica

1 1-lb. 4-oz. can pineapple chunks
1/2 c. soy sauce
1/4 c. honey
1/4 c. cooking oil
1 tsp. dry mustard
1/3 c. wine vinegar
2 tbsp. minced fresh mint or green onion
1/2 c. catsup
2 lb. boned turkey breast, cubed

Drain pineapple; reserve 1/4 cup syrup. Combine reserved syrup, soy sauce, honey, oil, mustard, vinegar, mint and catsup; beat thoroughly until blended. Add turkey; mix well. Cover; let marinate in refrigerator for 1 hour or longer. Thread turkey and pineapple chunks on skewers; brush with marinade. Broil until turkey is tender and glazed, brushing frequently with marinade. Water chestnuts, mushrooms, or tomato wedges may be added to turkey on skewers, if desired.

Photograph for this recipe on page 76.

Holiday Goose And Sauerkraut Stuffing

1 lg. onion, chopped
1 tbsp. butter
6 1/2 c. drained sauerkraut
1 1/2 c. grated potatoes
1 med. pared apple, diced
1 sm. carrot, grated
2 tsp. caraway seed
1/2 tsp. salt
1/4 tsp. pepper
1/2 c. dry white wine
1 12-lb. goose
1/2 c. honey
1/2 tsp. bottled browning sauce

Saute onion in butter in large skillet until golden. Add sauerkraut, potatoes, apple, carrot, seasonings and wine. Cook over medium heat for 5 minutes, stirring constantly. Stuff goose cavity with stuffing; truss. Place goose on rack in shallow roasting pan. Bake in 325-degree oven for 4 hours. Blend honey with browning sauce; brush on goose. Bake for 30 minutes longer or until goose is glazed. Yield: 8 servings.

Ginger-Barbecued Rock Lobster

6 rock lobster-tails
1 1/2 c. salad oil
1/2 c. lemon juice
3 tbsp. soy sauce
3 tbsp. honey
1/2 tsp. ginger
2 tsp. angostura bitters

Cut underside membranes of lobster-tails around edges; remove. Grasp lobster-tails in both hands; bend backward toward shell sides to crack. Insert skewers to prevent curling. Combine all remaining ingredients for sauce; beat until blended. Place lobster-tails in shallow pan; pour sauce over lobster-tails. Let stand at room temperature for 1 hour. Drain; reserve marinade. Arrange lobster-tails on grill 5 inches from source of heat, flesh side down; cook for 5 minutes. Turn; brush with sauce. Cook for 3 to 5 minutes longer. Brush with sauce just before serving. Yield: 6 servings.

Butterfly Shrimp

1 lb. fresh jumbo shrimp
3 tbsp. flour
1 1/2 tbsp. cornstarch
1 tbsp. white cornmeal
3/4 tsp. baking powder
3/4 tsp. salt
1/2 c. milk

Peel the shrimp, leaving tails on. Cut a deep slit along the back and remove the black veins. Open cut portion and press shrimp flat. Mix the flour, cornstarch, cornmeal, baking powder and salt in a bowl. Add the milk and mix well. Dip each shrimp in batter. Fry in deep fat at 375 degrees for 2 to 3 minutes or until golden brown.

SUPER SAUCE

1/4 c. soy sauce
2 tbsp. honey
1/2 tsp. salt
1/8 tsp. pepper
1 clove of garlic, minced

Mix the soy sauce, honey, salt, pepper and garlic in a saucepan and heat through. Serve with shrimp. Yield: 4 servings.

Japanese Shrimp And Sprout Skewers

2 10-oz. packages frozen Brussels sprouts
1 lb. fresh or frozen shrimp, shelled and deveined
1/2 c. soy sauce
1/4 c. honey
1 clove of garlic, crushed
2 tbsp. sake, wine vinegar or dry white wine

Cook Brussels sprouts according to package directions; drain if necessary. Place, with shrimp, in a large, shallow bowl. Combine remaining ingredients. Cover shrimp mixture with marinade. Chill for 2 hours, turning occasionally. Drain sprouts and shrimp. Arrange on skewers. Broil 3 to 5 inches from heat source for 2 to 3 minutes per side or until tender. Yield: 4-6 servings.

Photograph for this recipe on opposite page.

Breads

Ahh! The tantalizing aroma of homemade breads as they are baking – especially those made with honey! The tastiest bakery goods are typically sweetened and flavored with honey, because as honey absorbs moisture, it tends to keep baked goods moist and fresh longer. This is of special benefit for baked goods to be given as gifts or mailed to friends and relatives far away.

When honey is the sweetener in recipes for rye, whole wheat, and oatmeal breads, the result is a more full-flavored and nutritious bread. Banana, date and apricot breads, as well as tea breads, muffins and other quick breads, will be sweet and moist, with an appetizing aroma and rich flavor. Favorites like blueberry muffins and corn bread will taste more like grandmother used to make – hearty, wholesome, and satisfying.

Once you begin making these homemade breads with honey, your family may never allow you to buy bread from the store again! They will love the fresh, natural taste, and you will know they are getting the very best – a nutritious, satisfying food featuring honey with the staff of life.

Basic White Bread

1 env. dry yeast
2 1/3 c. warm water
2 tsp. salt
2 tbsp. honey
2 tbsp. oil or melted shortening
6 to 7 c. all-purpose flour
Melted butter or margarine (opt.)

Dissolve yeast in 1/3 cup warm water in large mixing bowl. Stir in salt, honey, oil and remaining 2 cups water. Beat in 2 cups flour until smooth with wooden spoon or wire whisk. Cover with towel. Let rise in warm, draft-free place for 15 minutes. Mixture should begin to bubble. Set aside 1 cup flour for kneading. Gradually beat enough remaining flour into yeast mixture to make a smooth, sticky dough. This dough will not form a ball and pull away from side of bowl. Sprinkle reserved 1 cup flour on clean surface. Turn dough onto flour; cover with bowl. Let rest for 15 minutes. Knead dough with heels of both hands about 10 minutes, working in only enough flour for a smooth and elastic dough. Place dough in greased bowl; turn to grease top. Cover with towel; let rise in warm, draft-free place for about 1 hour or until doubled in bulk. Turn out on lightly floured surface. Punch down and knead until smooth. Divide in half; shape as desired. Cover loaves with towel. Let rise in warm, draft-free place for about 30 minutes or until doubled in bulk. Bake in preheated 375-degree oven for 35 to 45 minutes or until loaves sound hollow when tapped with fingers. Remove to racks; brush hot loaves with melted butter. Cool. Yield: 2 loaves.

TO SHAPE LOAVES:

Round Loaves – Shape each half into a ball, pulling dough from top to bottom and tucking edges under to form smooth top. Place each loaf, rounded side up, in greased 8 or 9-inch round cake pan; flatten.

Oblong Loaves – Roll out each half to 12 x 8-inch rectangle, pressing out air bubbles. Starting at narrow end, roll up very tightly, squeezing out any air bubbles. Pinch ends and seam to seal. Place each, seam side down, in greased 9 x 5 x 3-inch loaf pan.

Long Tapered Loaves – Roll each half on work surface to 14 to 15-inch cylinder, tapering ends. Smooth top by pulling dough from top to bottom and folding under any seams. Place, rounded side up, on greased cookie sheet.

Whole Wheat-Raisin Bread

2 c. milk
1 c. raisins
2 env. dry yeast
1/3 c. warm water
2 tsp. salt
2 tbsp. butter, melted
1/4 c. honey
3 c. (about) all-purpose flour
3 c. (about) whole wheat flour

Scald milk then cool to lukewarm. Plump raisins in hot water for 5 minutes. Drain raisins and let dry. Dissolve yeast in warm water in large mixing bowl. Stir in salt, butter, honey and milk. Add raisins. Follow mixing instructions for the Basic White Bread recipe, adding all-purpose flour first. Add whole wheat flour for the second addition of flour. Proceed as instructed, using all-purpose flour for kneading.

Whole Wheat-Oatmeal Bread

1 env. dry yeast
1 c. warm water
2 tsp. salt
2 tbsp. oil
Honey
2 c. cooked oatmeal
3 c. all-purpose flour
2 1/2 to 3 c. whole wheat flour

Dissolve yeast in 1/3 cup warm water in large bowl. Stir in salt, oil, 1/4 cup honey, oatmeal and 2/3 cup warm water. Follow mixing instructions for Basic White Bread recipe, adding all-purpose flour first. Add whole wheat flour for the second addition of flour. Proceed as instructed, using all-purpose flour for kneading. Brush hot loaves with additional honey. Cool.

Potato-Caraway-Rye Bread

1 env. dry yeast
1/3 c. warm water
2 tsp. salt
2 tbsp. melted bacon drippings or butter
2 tbsp. honey
1 tbsp. crushed caraway seed
2 c. warm fluffy mashed potatoes
3 to 3 1/2 c. all-purpose flour
1 c. graham or whole wheat flour
1 c. whole rye flour

Dissolve yeast in warm water in large mixing bowl. Stir in salt, bacon drippings, honey, caraway seed and mashed potatoes. Follow mixing instructions for Basic White Bread recipe, adding all-purpose flour first. This mixture will not bubble. Add remaining flours for the second addition of flour. Proceed as instructed, using additional all-purpose flour for kneading. Brush hot loaves with melted butter. Cool. Yield: 2 loaves.

Whole Wheat-Applesauce Bread

1 c. raisins
2 env. dry yeast
1/3 c. warm water
2 tsp. salt
1 tbsp. cinnamon
2 to 4 tbsp. honey
2 c. warm applesauce
3 to 3 1/2 c. all-purpose flour
2 1/2 to 3 c. whole wheat flour

Plump raisins in hot water for 5 minutes, then drain and dry. Dissolve yeast in warm water in large bowl of mixer. Add salt, cinnamon, honey, applesauce and raisins. Follow mixing instructions for Basic White Bread recipe, adding all-purpose flour first. Add the whole wheat flour for the second addition of flour, then proceed as instructed, using all-purpose flour for kneading. Yield: 2 loaves.

Whole Wheat-Carrot Bread

2 c. (about) milk
1 c. finely shredded carrots
2 env. dry yeast
1/3 c. warm water
2 tsp. salt
Honey
2 tbsp. butter or margarine, melted
3 c. all-purpose flour
2 1/2 to 3 c. whole wheat flour
Wheat germ (opt.)

Scald milk. Combine carrots with enough milk to equal 2 cups. Dissolve yeast in warm water in large bowl of mixer. Stir in salt, 1/4 cup honey, butter and carrot mixture. Follow mixing instructions for Basic White Bread recipe, adding all-purpose flour first. Add whole wheat flour for the second addition of flour. Proceed as instructed, using all-purpose flour for kneading. Brush hot loaves with additional honey and sprinkle with wheat germ. Cool. Yield: 2 loaves.

Honey-Oatmeal Bread

1 pkg. yeast
1 c. warm water
1/2 c. quick oatmeal
1/4 c. honey
1 1/4 tsp. salt
3 1/4 to 3 3/4 c. sifted all-purpose flour
Soft shortening

Stir yeast into warm water; let stand for several minutes. Stir in oatmeal, honey, salt and half the flour. Beat for about 100 strokes. Stir in 1 tablespoon shortening; add remaining flour, a small amount at a time. Dough will be sticky. Turn dough onto floured board; knead until smooth. Place in bowl; grease top with shortening. Let rise for about 1 hour or until dent remains when finger is pressed into dough. Punch dough down; shape into loaf. Place in well-greased loaf pan. Let rise for 40 to 45 minutes or until doubled in bulk. Bake in 400-degree oven for 35 to 45 minutes. Remove from pan; brush top with shortening.

Honey-Wheat-Rye Bread

2 c. milk
2 env. dry yeast
1/3 c. warm water
2 tsp. salt
2 tbsp. melted bacon drippings,
2 tbsp. honey
3 c. all-purpose flour
1 1/2 c. whole rye flour
1 1/2 c. whole wheat flour
Melted butter or margarine

Scald milk, then cool to lukewarm. Dissolve yeast in warm water in large bowl of mixer. Stir in salt, bacon drippings, honey and milk. Follow mixing instructions for Basic White Bread recipe, adding all-purpose flour first. Add the remaining flours for the second addition of flour. Proceed as instructed, using all-purpose flour for kneading. Brush hot loaves with melted butter. Cool. Bread will be compact and loaves smaller than Basic White Bread.

Honey-Pecan Rolls

1 recipe Basic White Bread dough
Melted butter
Honey
1/2 c. butter
1 c. pecan halves

Follow recipe for Basic White Bread dough to the point of shaping dough into loaves. Let dough stand for a few minutes. Roll out into rectangle, 1/2 inch thick. Brush with melted butter; spread with honey. Roll and seal edges firmly. Cut into 1-inch slices. Place butter, cut into small pieces, in the bottom of a baking pan. Spread 1 cup honey over the butter pieces. Sprinkle pecans over honey. Place rolls 1 inch apart on honey and butter mixture. Cover. Let rise until doubled in bulk. Bake in a 350-degree oven for 20 to 25 minutes. Let rolls stand in pan for 1 minute before removing

Potato Rolls

1 pkg. dry yeast
1/4 c. lukewarm water
3 tbsp. milk or water
1/3 c. melted shortening
2 tbsp. honey
1/2 c. lukewarm freshly cooked, sieved potatoes
1 1/2 tsp. salt
1 egg, beaten
3 c. all-purpose flour
Melted butter

Sprinkle yeast into water; stir until dissolved. Combine milk, shortening, honey, potatoes and salt. Cool to lukewarm. Add egg and yeast mixture; mix in flour to make a soft but not sticky dough. Knead on lightly floured board until surface of dough is smooth and small blisters appear just under surface. Place in greased bowl. Cover with damp cloth. Let rise for about 1 hour and 30 minutes or until doubled in bulk. Shape into rolls. Place on greased baking pan. Cover; let rise until doubled in bulk. Bake in 400-degree oven for 12 to 15 minutes, brushing with melted butter during baking. Yield: 3 dozen.

Honey-Rye Bread

1/4 c. shortening
2 c. milk, scalded
3/4 c. honey
1 tbsp. salt
3 eggs, slightly beaten
2 pkg. yeast
4 c. whole wheat flour
2 c. rye flour
4 to 5 c. all-purpose flour

Melt shortening in milk in 6-quart bowl. Stir in honey and salt. Cool to lukewarm. Add eggs; mix thoroughly. Dissolve yeast in 1 cup lukewarm water; stir into egg mixture. Add whole wheat flour and rye flour; mix well. Add enough all-purpose flour to make a stiff dough. Cover; let rest for 30 minutes. Turn out on a floured board; knead for about 10 minutes, working in remaining flour. Place dough in greased bowl; cover. Let rise in a warm place for about 1 hour or until doubled in bulk. Turn out on floured board; divide into 3 parts. Shape into loaves; place in greased 9 x 5 x 3-inch loaf pans. Cover and let rise to tops of pans. Bake in preheated 375-degree oven for 30 minutes or until browned.

Honey spreads make the morning's toast extra special: Blend honey with softened butter, then add crushed strawberries, grated orange rind, or cinnamon. Mmm-Mmm Delicious!

Basic Wheat Bread

2 c. all-purpose flour
2 pkg. dry yeast
1 c. milk
1/4 c. cooking oil
1/4 c. honey
1 tbsp. salt
1 egg, at room temperature
4 to 4 1/2 c. whole wheat flour

Combine all-purpose flour and yeast in large mixing bowl. Combine milk, 1 cup water, oil, honey and salt in saucepan. Cook over low heat just until warm. Add milk mixture to flour mixture. Beat at medium speed of electric mixer for about 3 minutes or until smooth. Add egg; mix well. Stir in enough whole wheat flour to make a moderately stiff dough. Turn out onto lightly floured surface. Cover; let rest for 10 minutes. Knead for 5 to 10 minutes or until smooth and satiny, using all-purpose flour. Cover; let rest for 20 minutes. Divide dough in half. Shape into 2 loaves; place in 2 greased loaf pans. Brush with additional oil. Let rise in warm place for about 1 hour or until doubled in bulk. Bake in preheated 400-degree oven for 35 to 40 minutes.

Photograph for this recipe on page 101.

Twin Rolls

1 c. milk
1/4 c. honey
1/4 c. shortening
1 tsp. salt
1 yeast cake
1/2 c. lukewarm water
2 eggs, beaten
5 c. all-purpose flour

Scald milk. Add honey, shortening and salt. Soften yeast in lukewarm water and add to milk mixture. Add beaten eggs and half the flour. Beat well. Knead dough on a lightly floured board, adding enough flour to make smooth and elastic. Place in a slightly greased bowl, turning dough to grease top. Cover and let rise in a warm place until light and doubled in bulk, about 1 hour to 1 hour and 30 minutes. Shape dough into small rolls. Place 2 rolls, one on top of the other, into greased muffin cups, forming Twin Rolls. Let rise again for about 1 hour. Bake at 400 degrees for 15 to 20 minutes or until lightly browned.

Photograph for this recipe below.

Flavorful Tomato Bread

2 c. tomato juice
2 tbsp. butter or margarine
3 tbsp. honey
1 tsp. salt
1/4 c. tomato catsup
1/4 c. warm water
1 pkg. dry yeast
6 1/2 c. (about) all-purpose flour

Heat tomato juice and butter together in a saucepan until butter melts. Add honey, salt and catsup and stir to blend. Let cool to lukewarm. Measure warm water into large bowl of electric mixer. Sprinkle yeast over water and stir to dissolve. Add tomato mixture and 3 cups flour. Beat for 2 minutes at medium speed, scraping bottom and side of bowl. Mix in enough remaining flour to make dough easy to handle. Turn onto lightly floured board and knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl; turn greased side up. Cover and let rise in warm place until doubled in bulk, 1 hour to 1 hour and 30 minutes. Punch down and divide in half. Cover and let rest 10 minutes. Shape into 2 loaves and place in 2 greased 9 x 5 x 3-inch loaf pans. Cover and let rise until almost doubled in bulk, about 1 hour. Preheat oven to 425 degrees. Bake for 25 minutes or until loaves sound hollow when tapped. Remove from pans. Cool on wire racks. Bread freezes well.

Photograph for this recipe below.

Honey-Graham Bread

2 c. milk, scalded
1/3 c. honey
1 tbsp. salt
1/4 c. margarine
1/2 c. warm water
2 pkg. or cakes yeast
2 1/2 c. unsifted graham flour
3 3/4 c. (about) unsifted all-purpose flour

Combine milk, honey, salt and margarine; let cool to lukewarm. Measure warm water into large warm bowl; sprinkle in yeast. Add lukewarm milk mixture, graham flour and 2 cups white flour; beat until smooth. Stir in enough additional white flour to make a soft dough. Turn out onto lightly floured board. Knead for 8 to 10 minutes or until smooth and elastic. Place in greased bowl; turn to grease top. Cover; let rise in warm place, free from draft, for about 1 hour or until doubled in bulk. Punch down; let rise again for 30 minutes or until doubled in bulk. Punch dough down; turn out onto lightly floured board. Divide in half; shape each half into a loaf. Place in 2 greased 9 x 5 x 3-inch loaf pans. Cover; let rise in warm place, free from draft, for 30 minutes or until doubled in bulk. Bake in preheated 350-degree oven for 45 minutes or until lightly browned.

Photograph for this recipe on page 90.

Honey In Florida

2 c. scalded milk or boiling water
2 c. rolled oats
2 tbsp. shortening
2 pkg. dry yeast
1/2 c. lukewarm water
1/2 c. honey
4 to 5 c. all-purpose flour
1 tsp. salt
1 c. chopped pecans or candied orange peel

Pour scalded milk over oats and shortening. Cover and let stand until lukewarm. Dissolve yeast in lukewarm water; add honey and mix well. Stir into oats mixture. Add 1 1/2 cups flour; beat well. Cover and let rise for 1 hour or until light. Add salt, pecans and enough flour to make a soft dough. Knead until smooth and elastic. Place in greased bowl and cover. Let rise in a warm place for about 1 hour or until doubled in bulk. Shape into 2 small loaves. Place in well-greased pans, filling a little more than half full. Cover and let rise in a warm place for about 50 minutes or to tops of the pans. Bake for 50 minutes in 400-degree oven. Remove from pans and cool on wire rack. May slice, spread with butter and serve warm.

Whole Wheat Braids

1/3 c. plus 1 tbsp. honey
1/2 c. warm water
1 1/2 pkg. dry yeast
6 c. whole wheat flour
1 tsp. salt
1 egg, beaten
1/3 c. powdered milk
1/3 c. oil

Combine 1 tablespoon honey, warm water and yeast. Set aside. Combine 1 cup wheat flour with 1 1/2 cups water in saucepan. Cook until thick and smooth, stirring constantly. Place in large bowl. Add 1/3 cup honey, salt, egg, milk, oil and 1 cup wheat flour. Stir in yeast mixture. Gradually add approximately 4 cups wheat flour to make a soft dough; mix well. Place in a greased bowl, turning dough to grease top. Cover. Let rise for 1 hour in a warm place. Punch down; knead for 3 minutes. Cover; let rest for 15 minutes. Knead a few strokes; divide into 6 equal pieces. Braid into loaves. Bake at 375 degrees for 30 to 35 minutes or until golden brown.

Bicentennial Bread

1 c. all-purpose flour
2 c. whole wheat flour
1 tbsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 c. honey
1 1/4 c. milk
1 c. coarsely chopped nuts

Preheat oven to 350 degrees. Combine all-purpose flour, whole wheat flour, baking powder, soda and salt in a bowl. Stir honey slowly into milk until dissolved. Stir milk mixture into dry ingredients just until mixed. Add nuts. Place in 2 greased medium loaf pans. Bake for 1 hour. Turn onto wire rack and cool completely. Slice thin; spread with sweet butter, if desired.

Honey-Butter Loaf

2 1/2 c. sifted all-purpose flour
1 tsp. soda
1 tsp. baking powder
1 tsp. salt
1/2 c. honey
1/2 c. peanut butter
1 egg
1 1/4 c. buttermilk

Sift together flour, soda, baking powder and salt. Pour honey into peanut butter in a fine stream, beating continuously. Beat in egg and buttermilk. Stir gradually into dry ingredients; mix well. Turn into greased 9 x 5-inch loaf pan. Bake at 350 degrees for 45 minutes or until loaf tests done.

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ASCO

Honey-Apple Bread

1/2 c. shortening
1 c. honey
2 eggs
2 c. presifted all-purpose flour
1 tsp. soda
1/2 tsp. salt
1 c. canned applesauce
1 c. chopped pecans
1 3-oz. package cream cheese
1 tbsp. maraschino cherry juice

Cream shortening until fluffy. Continue creaming while adding honey in a fine stream. Add eggs; beat until well mixed. Sift dry ingredients together. Add to creamed mixture alternately with applesauce. Add pecans. Pour into greased loaf pan. Bake at 325 degrees for 1 hour. Let cream cheese soften. Add cherry juice; cream to spreading consistency. Serve over thinly sliced Honey-Apple Bread.

Honey-Apricot Loaf

1/2 c. dried apricots, cut up
1 c. water
3/4 c. honey
1/2 c. mayonnaise
1/4 c. chopped walnuts
1 tsp. lemon rind
2 c. sifted all-purpose flour
1 tsp. soda
1/2 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg

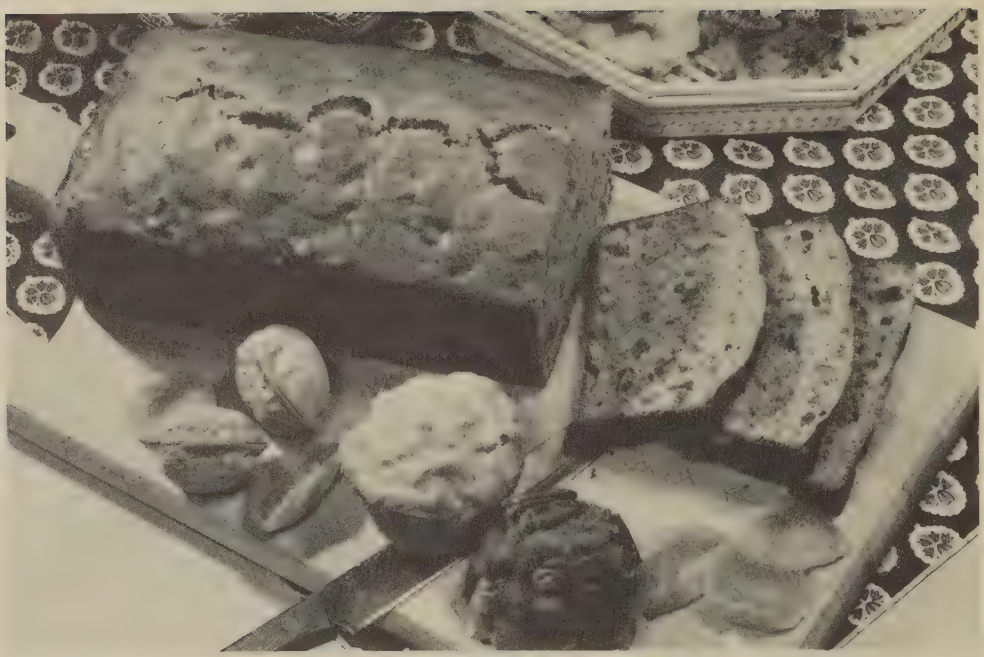
Simmer apricots in water for 10 minutes. Drain, reserving liquid. Pour honey into mayonnaise in a fine stream, beating continuously. Beat until fluffy. Stir in apricots, walnuts and lemon rind. Sift dry ingredients together. Sift over creamed mixture, mixing well. Add apricot liquid; stir until well blended. Pour into 9 x 5 x 4-inch loaf pan with bottom lined with a double thickness of waxed paper. Bake in a 325-degree oven for 1 hour or until loaf tests done. Allow to cool. Frost with orange icing. Loaf will stay fresh and moist when foil-wrapped and stored in a cool place.

Honey-Nut Bread

1 egg
3/4 c. honey
3/4 c. milk
3 c. all-purpose flour
3 tsp. baking powder
1/2 tsp. salt
1 c. chopped nuts

Beat egg well. Continue beating while adding honey in a fine stream. Stir in milk. Sift flour, baking powder and salt together. Combine 2 mixtures, mixing well. Stir in nuts. Place in a greased and floured loaf pan. Let stand for about 1 hour. Bake in 325-degree oven for about 1 hour or until loaf tests done.

RECIPES ON PAGES 30 AND 115.



Apricot-Whole Wheat Bread

3 c. whole wheat flour
3 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. nutmeg
1 1/4 c. milk
1 c. honey
1 egg, slightly beaten
2 tbsp. salad oil
1 c. chopped dried apricots
1 c. chopped walnuts

Stir together flour, baking powder, cinnamon, salt and nutmeg in medium bowl. Combine milk, honey, egg and oil; pour over dry ingredients. Stir just enough to dampen flour. Gently fold in apricots and walnuts. Pour into greased 9 x 3-inch loaf pan. Bake in 350-degree oven for 1 hour to 1 hour and 10 minutes or until done. Remove from oven; let stand on rack for 10 minutes. Remove from pan. Store overnight for easier slicing.

Photograph for this recipe above.

Honey-Orange Bread

1 egg
2 tbsp. soft shortening
1 c. honey
1 1/2 tsp. grated orange rind
3/4 c. orange juice
1 c. All-Bran
2 1/2 c. sifted all-purpose flour

Beat egg and shortening together in mixing bowl. Continue beating while adding honey in a fine stream. Add orange rind and orange juice; mix well. Add All-Bran; let stand for about 10 minutes. Sift flour, baking powder soda and salt. Add to All-Bran mixture, stirring only until combined. Spread in greased loaf

2 1/2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt

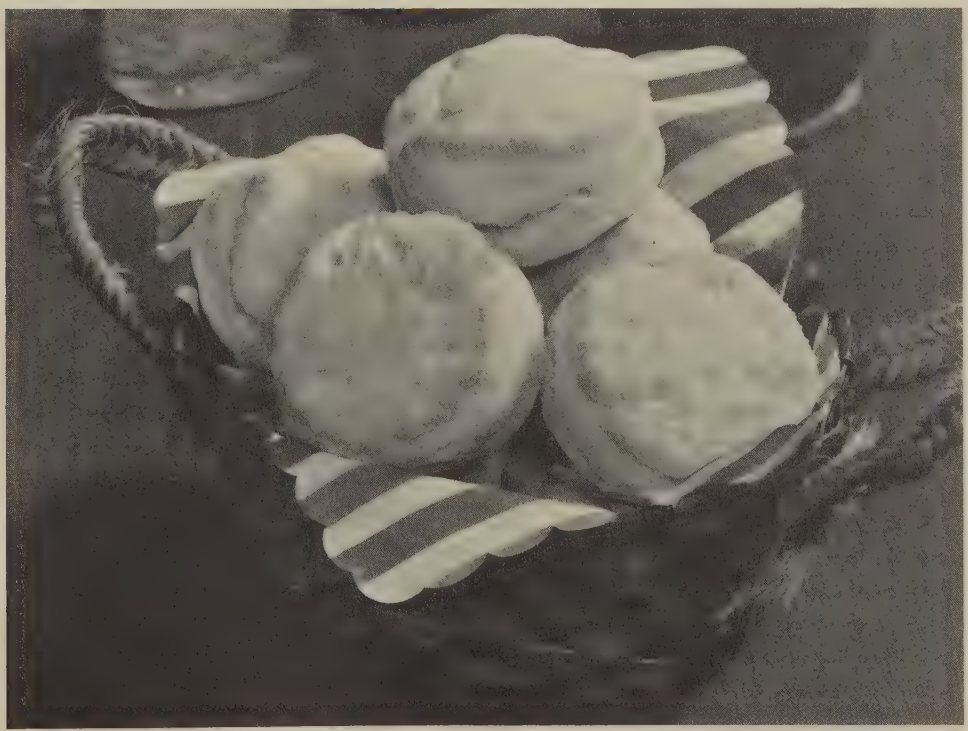
pan. Bake in 325-degree oven for about 1 hour and 10 minutes.

Honey Biscuits

2 c. flour
4 tsp. baking powder
1/2 tbsp. salt
1/3 c. shortening
2/3 c. milk
1/4 c. butter
1/4 c. honey

Sift flour, baking powder and salt together into a mixing bowl. Cut in shortening until mixture resembles cornmeal. Add milk gradually, blending until well combined. Place dough onto floured surface and pat into a 1/2-inch thick rectangle. Cream butter with honey and spread a portion of this mixture on dough. Roll up as for jelly roll then cut into 1-inch thick slices. Arrange on baking sheet with 1/2-inch space between each biscuit. Spread remaining honey-butter mixture on top of each biscuit. Bake in a 350-degree oven for 12 to 15 minutes. Cinnamon may be added to honey-butter mixture. Chopped raisins, nuts and/or candied fruits may be sprinkled over biscuit dough before rolling, if desired.

Photograph for this recipe below.



High-Fiber Banana Bread

1/2 c. margarine
1/3 c. honey
2 eggs
1 1/2 c. mashed bananas
1 3/4 c. whole wheat flour
1/2 c. unprocessed miller's bran
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
3/4 c. chopped walnuts

Cream margarine until fluffy. Continue creaming while adding honey in a fine stream. Add eggs and bananas; mix well. Combine flour, bran, soda, baking powder and salt. Add flour mixture to banana mixture in 2 or 3 parts, beating well after each addition until smooth. Fold in walnuts. Pour batter into oiled 9 x 5 x 3-inch loaf pan or 2 smaller pans. Bake in preheated 350-degree oven for 45 minutes to 1 hour. Cool.

Honey-Blueberry Muffins

2 c. flour
1 tsp. salt
3 tsp. baking powder
1 c. milk
4 tbsp. honey
1 egg, beaten
1/2 c. blueberries
1/4 c. melted shortening

Sift flour with salt and baking powder. Combine milk, honey, egg, blueberries and shortening. Add to dry ingredients, stirring quickly just long enough to moisten dry ingredients. Fill greased muffin pans half full. Bake in 400-degree oven for 35 minutes or until browned. Yield: 12 muffins.

FOR FLAVOR VARIATIONS:

Orange Muffins – Omit blueberries and milk. Add 1 cup orange juice, grated rind of 1 orange and 1/4 cup chopped nuts to muffin dough. Bake as directed.

Currant Muffins – Omit blueberries and add 1/2 cup currants. Proceed as directed.

Honey-Bran Muffins

1 c. flour
1/4 to 1/2 tsp. soda
1/4 tsp. salt
1 c. bran
1/2 c. honey
1 tbsp. melted butter
1/2 c. milk
3/4 c. finely chopped pecans

Sift together flour, soda and salt. Mix with bran. Stir in remaining ingredients; mix well. Pour into greased muffin pans. Bake for 25 minutes in 400-degree oven.

Honey-Oatmeal Muffins

1 1/2 c. flour
1 1/2 c. oatmeal
1/2 tsp. salt
3 tsp. baking powder
1 c. milk
1 egg, beaten
3 tbsp. melted shortening, slightly cooled
1 c. honey

Mix dry ingredients together. Add milk, egg and shortening. Add honey in a fine stream, stirring constantly. Mix well but do not beat. Place in greased muffin pans. Bake in 400-degree oven for 30 minutes.

Honey-Prune Muffins

1 c. sifted all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/2 c. unsifted whole wheat flour
1/2 c. milk
1 egg, well beaten
1/2 c. honey
1/2 c. coarsely chopped cooked prunes
1/4 c. salad oil or melted shortening

Preheat oven to 400 degrees. Grease bottoms of twelve 2 1/2-inch muffin cups. Sift all-purpose flour with baking powder and salt into large bowl. Stir in whole wheat flour; mix well. Combine milk and remaining ingredients in medium bowl; beat well with wooden spoon. Make a well in center of dry ingredients. Pour in milk mixture all at once; stir quickly with fork just until dry ingredients are moistened. Do not beat. Batter will be lumpy. Pour batter into muffin pan cups, filling not quite 2/3 full. Bake for 20 to 25 minutes or until lightly browned. Loosen edge of each muffin with a spatula; turn out. Serve hot.

Honey-Peanut Butter Spread

1/2 c. peanut butter
2/3 c. shredded carrots
1/4 c. plain yogurt
2 tbsp. honey
8 slices whole wheat bread

Combine peanut butter, 1/3 cup shredded carrots, yogurt and honey; mix well. Spread about 1/4 cup mixture on 4 slices bread. Cover with remaining bread. Cut each sandwich into 4 triangles. Dip cut edges lightly in remaining shredded carrots. Yield: 4 servings.

Egyptian Palace Bread

10 slices white bread, crust removed
1 lb. honey

Soak bread in honey for at least 30 minutes. Place in baking dish, piling the slices evenly. Bake in 300-degree oven for 25 minutes. Cool, then chill. Serve with cream to pour over the top. Shredded coconut may be sprinkled over the dessert, if desired. Yield: 6-8 servings.

Bitsy Bread

1 pkg. refrigerator biscuits
1/3 c. honey
1/2 c. coconut or chopped nuts

Cut biscuits into thirds; roll into balls. Dip balls in honey; roll in coconut. Place 3 balls in each muffin cup. Bake at 400 degrees for 20 minutes. Yield: 4 servings.

Honey-Butter Coffee Cake

1/2 c. butter
1/2 c. honey
1/2 c. pecan or walnut halves
1/4 c. maraschino cherry halves
2 cans refrigerator buttermilk biscuits

Melt butter in 9 or 10-inch skillet; stir in honey, pecans and cherries. Separate biscuits; place, overlapping, on honey mixture. Cover. Bake at 275 degrees for 30 to 35 minutes. Invert onto serving plate. Yield: 10 servings.

Peanut Butter-Honey Animals

1/3 c. peanut butter
1/4 c. cream cheese
2 tbsp. honey
Bread or toast

Mix peanut butter, cream cheese and honey together until well blended. Trim crusts from bread; cut slices into animal shapes, using cookie cutters. Spread peanut butter mixture carefully on half the bread animals; top with remaining animals. May be covered and refrigerated until ready to serve.

Honey Doughnuts

2 tbsp. shortening
1 c. honey
1 egg, well beaten
2 tsp. baking powder
1 tsp. salt
1 c. milk
Flour

Cream shortening. Continue creaming while adding honey in a fine stream. Add egg, baking powder, salt and milk; mix well. Add enough flour to roll out dough and cut easily. Fry in deep hot fat. The honey will keep these delicious doughnuts moist longer than usual.

Honey Corn Bread

1 c. sifted all-purpose flour
3 tsp. baking powder

Mix flour, baking powder and salt together. Add cornmeal. Combine egg, milk, butter and honey; mix well. Pour into flour mixture; stir

1 tsp. salt
1 c. yellow cornmeal
1 egg, slightly beaten
1 c. milk
1/4 c. melted butter
3 tbsp. honey

until just moistened. Pour into buttered pan. Bake in 425-degree oven for about 20 minutes. Serve hot.

Honey French Toast

2 eggs, well beaten
1/4 c. milk
1/4 c. honey
1/4 tsp. salt
6 to 8 slices bread
Butter

Combine eggs, milk, honey and salt. Dip bread slices into honey mixture. Fry in butter over medium heat until golden brown.

Honey Waffles

2 c. sifted all-purpose flour
3 tsp. baking powder
3/4 tsp. salt
1 tsp. cinnamon
6 tbsp. melted butter
2 eggs, separated
1 1/4 c. milk
1 tbsp. honey

Sift flour, baking powder, salt and cinnamon together. Add melted butter to beaten egg yolks, then add milk and honey. Pour into dry ingredients and mix quickly, just to moisten. Fold in stiffly beaten egg whites. Bake on a hot waffle iron. Serve with honey syrup.

Banana-Sunflower Seed Pancakes

3 c. whole wheat flour
2 tsp. salt
1 tbsp. baking powder
2 eggs
2 tbsp. oil
2 tbsp. honey
2 1/2 c. milk
2 lg. bananas
1 c. sunflower seed

Mix first 3 ingredients in mixing bowl. Beat eggs in separate bowl; add oil. Add honey in a fine stream beating constantly. Add milk. Add to dry mixture. Fold in sliced bananas and sunflower seed. Spoon batter onto hot griddle; brown lightly on each side. Yield: Approximately 15 pancakes.

Accompaniments

Delicious accompaniments make even your best food taste even better! Naturally, honey is right at home as an ingredient in the many sauces, preserves, and spreads that complement featured mealtime foods. Honey is so perfect with these accessory foods that you will come to depend on them to make your meals their most delicious!

What do accompaniments include? All those sumptuous little "extras" like the savory sauces and marinades that dress up meats and poultry, and the sweet sauces that add a final touch to your favorite cakes, puddings, ice creams and other desserts. Jams, jellies, conserves, and sweet butters spark up breakfast – and snack time, too – when they are served with homemade bread, toast, muffins, sweet breads, and pancakes and waffles.

Let honey-based accompaniments "accompany" your whole day – starting with breakfast in the morning and ending with the evening's dessert. They are the right way to brighten a finicky appetite, as well as to satisfy those who like to dine with a flair. And, because these recipes include honey, you know they are both delicious and wholesome!

Spicy Tangerines

6 to 8 med. to lg. tangerines
1 c. honey
1/2 c. water
1/2 tsp. whole cloves
Shredded coconut

Grate 2 teaspoons peel from tangerines; set aside. Remove peel from tangerines carefully, leaving fruit intact. Rinse fruit in cold water and gently scrape off excess white membrane with a small knife. Carefully remove white core from center of tangerines and spread sections apart slightly to resemble flower petals. Stand tangerine blossoms in flat bottomed dish with no room to spare, then set aside. Combine honey and 1/2 cup water in a small, heavy saucepan. Bring to a boil, then cook for 10 minutes, stirring occasionally. Remove from heat. Add cloves, grated peel and additional water if honey mixture becomes too thick. Pour hot mixture over tangerines. Refrigerate for several hours until thoroughly chilled, basting frequently with syrup. Remove tangerines from syrup and drain slightly before placing on serving plate. Garnish center of tangerines with shredded coconut. Yield: 6-8 servings.

Photograph for this recipe on page 110.

Omelet For Two

1 tbsp. butter
6 thin slices Cheddar cheese
3 eggs
2 tbsp. honey
Salt and pepper to taste
3 to 4 tbsp. half and half

Place butter in 1-quart casserole. Microwave for 1 minute or until butter is melted. Swirl to coat casserole evenly. Line casserole with half the cheese. Heat in microwave oven until cheese is slightly melted. Combine eggs, honey, salt, pepper and half and half; beat well. Pour into casserole. Microwave for 1 minute and 30 seconds. Remove from oven; top with remaining cheese. Return to microwave oven for 2 minutes and 30 seconds. Serve immediately.

Poppy Seed Noodles

1 1/2 c. poppy seed
1 c. water
7 tbsp. honey
1/2 c. cream or milk

Soak poppy seed in water for about 3 hours; drain. Grind seed through food chopper. Bring honey to a boil; boil for 2 minutes. Add poppy seed, cream, lemon rind, salt, cinnamon and

1/2 tsp. grated lemon rind
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. vanilla
2 tbsp. slivered almonds
1 lb. broad egg noodles
1/2 c. melted butter

vanilla. Simmer until thickened, stirring often to prevent burning. Mix almonds with poppy seed mixture. Boil noodles in slightly salted water until tender; drain in colander. Allow cold water to run through noodles. Place colander in oven to warm. Put noodles on heated platter. Pour melted butter over noodles; fold in poppy seed mixture. Yield: 6-8 servings.

Zippy Marinade For Ham

1 c. catsup
1/4 c. prepared mustard
1/4 c. light honey

Stir all ingredients together; mix well. Baste ham during last 30 minutes of baking time with marinade.

Honey Marinade For Lamb Chops

1 c. soy sauce
2 cloves of garlic
1 c. salad oil
1/2 c. honey

Place soy sauce, garlic, oil and honey in electric blender container. Cover; process until garlic is finely chopped. Pour marinade over lamb chops. Cover; marinate in refrigerator overnight. Remove chops from marinade before cooking. Marinade may be refrigerated for future use.

Glaze For Lamb

1/4 c. honey
1/4 c. prepared mustard
1/2 tsp. salt
1/8 tsp. pepper

Combine all ingredients; mix well. Spoon over lamb. Cook lamb according to directions for desired doneness.

Sweet Horseradish Sauce

1/4 c. honey
1/4 c. mayonnaise
1/2 c. whipping cream, whipped
3 tbsp. horseradish
1 tsp. mustard
1/4 tsp. salt
1 tsp. vinegar

Add honey to mayonnaise. Fold in the whipped cream. Add horseradish, mustard, salt and vinegar. Store in refrigerator until ready to serve with meats.

Sweet-Sour Sauce

2 tbsp. vinegar
1/4 c. honey
2 tbsp. lemon juice
1 tbsp. chopped pimento
1/8 tsp. paprika

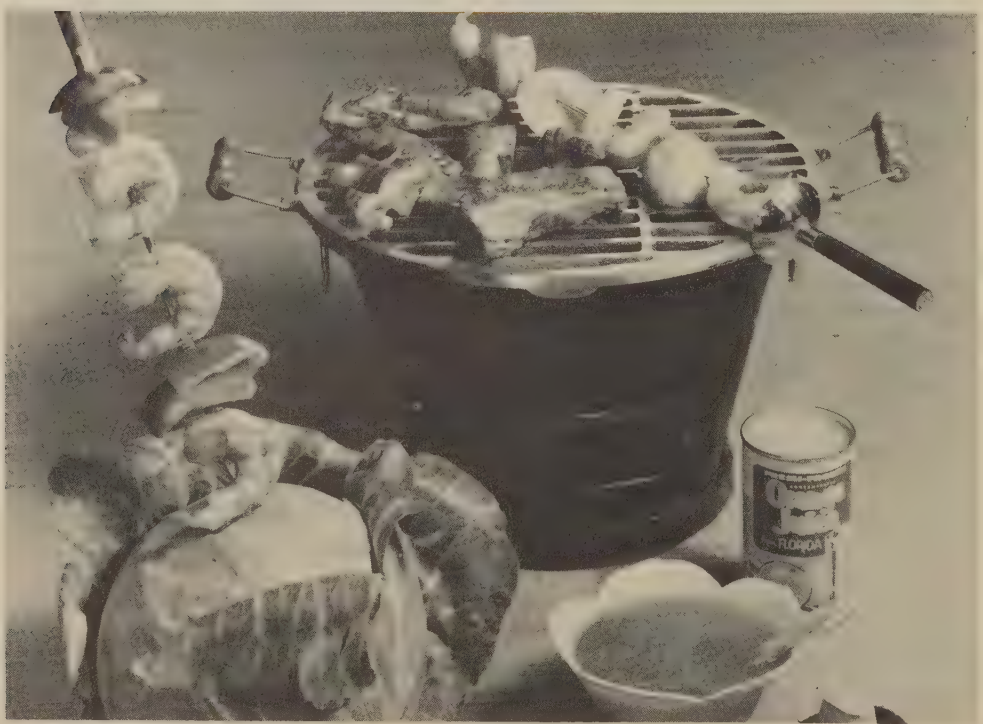
Combine all ingredients; mix well. Heat until flavors are blended. Yield: 2/3 cup.

Orange Blossom Barbecue Sauce

1 6-oz. can frozen orange juice concentrate, thawed and undiluted
1/4 c. prepared mustard
1/3 c. honey
1 tbsp. soy sauce
1 sm. garlic clove, crushed (opt.)
1 tsp. ginger

Blend together undiluted orange juice concentrate, mustard, honey, soy sauce, garlic and ginger in a small saucepan. Heat until flavors are blended. Brush kabobs or spareribs with sauce. Yield: 1 1/2 cups.

Photograph for this recipe below.



Sweet And Tangy Barbecue Sauce

1 8-oz. can tomato sauce
1/4 c. honey
1/4 c. lemon juice
1 tbsp. soy sauce
1 tbsp. Worcestershire sauce
1 clove of garlic, minced
1/2 tsp. ginger
1/2 tsp. Tabasco sauce
1/4 tsp. dry mustard

Combine all ingredients in small bowl; mix well. Use as barbecue sauce for poultry, beef or pork. Yield: 1 3/4 cups.

Photograph for this recipe on page 102.

A honey sauce is scrumptious with baked chicken. An excellent one includes equal amounts of honey, melted butter and lemon juice. This should be used during the last hour of baking.

Spicy Herb Marinade

1 c. dry red or white wine
1 c. salad oil
2 tbsp. lemon juice
1/3 c. chopped scallions
2 cloves of garlic, minced
2 tsp. salt
1/2 tsp. dried leaf basil
1/4 tsp. dried leaf tarragon
1/4 tsp. dry mustard
1/2 tsp. Tabasco sauce

Combine all ingredients in a small bowl; mix well. Use as marinade for beef or poultry. Brush meat with marinade while cooking. Yield: 2 1/2 cups.

Photograph for this recipe on page 102.

At cookout time, be sure to have an ample supply of honey on hand. It is a "just right" glaze for ribs, Canadian bacon or pork chops. For added zip, mix a bit of mustard into the honey before basting the meat.

Honey-Of-A-Fudge Sauce

1/2 c. butter
1/2 c. cocoa
2 tbsp. cornstarch
1 c. honey
1 c. water
1 c. miniature marshmallows
1/2 tsp. salt

Melt butter; remove from heat. Mix cocoa with cornstarch; stir into butter. Pour honey and water into chocolate mixture. Heat, stirring constantly, until mixture comes to a boil and thickens. Remove from heat. Add marshmallows and salt. Stir until marshmallows are melted. Serve over vanilla ice cream. Yield: 2 1/2 cups.

Cocoa-Honey Sauce

1/4 c. butter
1 tbsp. cornstarch
3 tbsp. cocoa
1/2 c. honey
1/2 c. water
6 marshmallows
1/4 tsp. salt
1 tsp. vanilla

Melt butter. Add cornstarch and cocoa; blend well. Add honey and water. Cook over low heat until thick. Add marshmallows and salt. Cook just long enough to melt marshmallows. Add vanilla. Excellent sauce for ice cream. Yield: 6 servings.

Honey-Chocolate Sauce

1 6-oz. package semisweet chocolate
1/2 c. honey
3/4 c. evaporated milk

Melt chocolate in honey in a saucepan over low heat, stirring to blend well. Add milk; stir until well blended. Cool. Serve over cream puffs. Yield: 1 3/4 cups.

Honey-Fruit Sauce

1 1-lb. can fruit cocktail
1/4 c. orange juice
1/2 c. honey
1 tsp. grated orange rind
1 tbsp. lemon juice
3 tbsp. butter

Drain fruit cocktail, reserving syrup. Measure 1/4 cup syrup into saucepan. Add remaining ingredients except fruit. Bring to a boil and simmer for 10 minutes. Add the fruit. Set aside. Pour into a chafing dish and heat before serving over waffles or pancakes.

Indienne Spiced Honey Syrup

1/2 c. butter or margarine
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1/2 c. honey

Melt butter in a metal fondue pot over high flame. Stir in the spices and honey; heat through. Remove pot from flame; stir vigorously until blended. Lower flame and place fondue pot over flame. Ladle over hot cakes or waffles.

Orange-Honey Sauce

1/4 c. butter or margarine
1/2 c. honey
1/2 c. thick orange marmalade

Melt butter in a metal fondue pot over a high flame. Stir in honey and marmalade; heat through. Lower flame and keep warm. Ladle over hot cakes or waffles.

Lemon-Honey Sauce

3/4 c. honey
2 tbsp. flour
1/4 tsp. salt
1/3 c. water
1 egg, separated
2 tbsp. butter
1 tsp. grated lemon rind
1/4 c. lemon juice

Combine 1/2 cup honey, flour, salt and water in saucepan. Bring to a boil. Cook for 5 minutes. Stir a small amount of hot mixture into slightly beaten egg yolk; stir egg yolk into hot mixture. Add butter and cook for 1 minute. Remove from heat; cool to lukewarm, stirring occasionally. Add grated lemon rind and lemon juice. Beat egg white until stiff. Add remaining honey slowly, beating until stiff. Fold into the lemon sauce; blend well.

Frosty Honey Sauce

2 avocados, peeled and mashed
1/4 c. honey
1/3 c. orange juice
1 2-oz. package whipped topping mix
1/2 c. cold milk
Grated orange peel
Assorted fruit tray

Mix mashed avocados with honey and orange juice. Whip topping mix with milk according to package directions. Fold whipped topping into avocado mixture. Chill. Garnish with grated orange peel. Serve with fruits. Yield: 1 quart.

Photograph for this recipe below.

Fluffy Honey Icing

1 c. honey
2 egg whites, stiffly beaten
Coconut, lightly toasted

Heat honey to 238 degrees or until it spins a thread when dropped from a spoon. Pour slowly into beaten egg whites; continue beating until icing is fluffy and will hold its shape. Spread on warm cake; sprinkle with coconut. Place pan of cake in another pan to prevent further browning and return cake to oven to set meringue. Bake for 10 minutes in a 325-degree oven.

Honey-Orange Filling

1 tbsp. flour
2 tbsp. cornstarch
1/2 c. honey
1 tsp. salt
2 egg yolks
1/4 c. orange juice
2 tbsp. water
1 tbsp. lemon juice
1 tsp. butter
Grated rind of 1 orange

Mix flour, cornstarch, honey, salt and egg yolks in top of double boiler. Slowly add orange juice, water and lemon juice. Add butter and orange rind. Cook over boiling water, stirring until mixture thickens. Cool. Spread between layers of cake.

Plum Butter

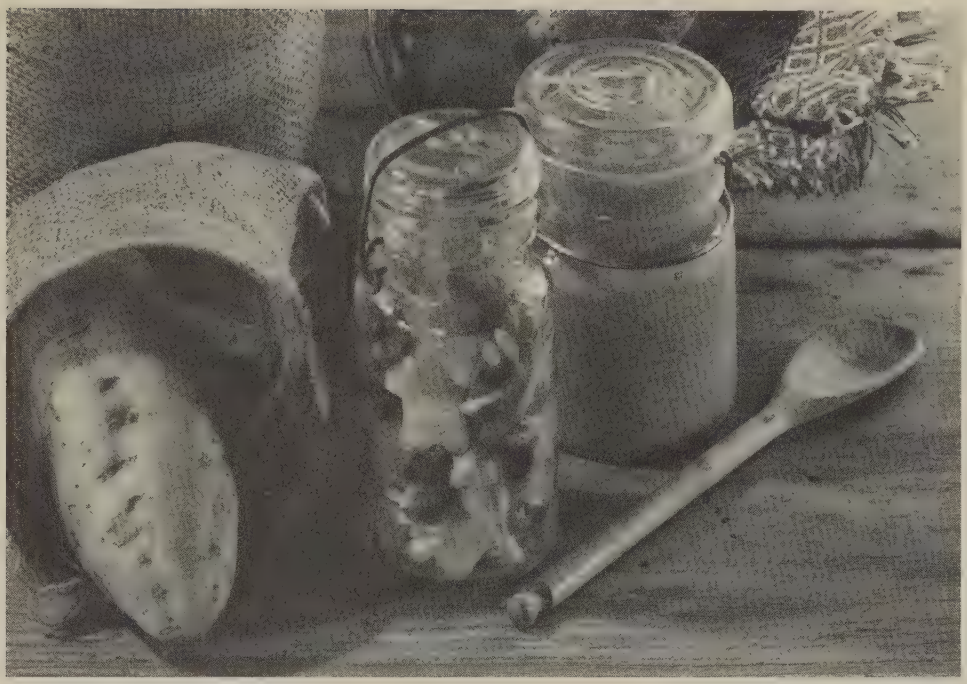
5 lb. plums
Honey

Place plums in a saucepan and just cover with water. Cook until tender. Put through colander to remove pits and skins. Measure pulp. Add 1/2 cup honey for 1 cup plum pulp. Return to heat; cook until thick. Place in hot sterilized jars; seal.

Honey Butter

1 part butter
2 parts honey

Let butter stand at room temperature until softened. Add honey; stir until well blended. Place in tightly covered sterilized glass jar; cover tightly. Chill. Blend with chopped nuts for simple topping. Add crushed strawberries or grated orange rind or cinnamon for additional flavor variations.



Louisiana Yam Butter

2 c. cooked and sieved Louisiana yams
2 c. apple juice
3 tbsp. lemon juice
Dash of cloves
1/4 to 1/2 tsp. (scant) cinnamon
1/4 to 1/2 tsp. (scant) allspice
1 1/2 to 2 tsp. honey

Combine all ingredients in large heavy saucepan or Dutch oven. Cook uncovered, stirring frequently, over medium heat for about 10 minutes. Reduce heat to low and continue cooking to consistency of apple butter or soft jelly, stirring frequently. Remove from heat and add additional honey to taste if desired. Serve warm or cold. Refrigerate yam butter in covered container for up to 1 week. Yam butter may be frozen in airtight container for up to 4 to 6 months. Yield: 2 1/2 cups.

Photograph for this recipe above.

Apricot Conserve

1 1/2 c. dried apricots
2 c. honey
3/4 to 1 c. chopped walnuts

Rinse apricots in hot water. Drain and put through food chopper, using a fine knife. Bring honey to a boil; remove from heat. Add apricots and walnuts; stir to blend. Pour into hot sterilized jars. Seal with melted paraffin. Let stand for 2 weeks before using. Yield: 2 pints.

Pear And Ginger Conserve

1/2 lb. green ginger, scraped and chopped
Juice and grated rind of 4 oranges
Juice and grated rind of 3 lemons
1 pt. water
6 lb. honey
8 lb. coarsely chopped pears
2 c. pecans or black walnuts

Cook ginger, orange rind and lemon rind with water until tender. Add orange juice, lemon juice and honey. Simmer for a few minutes. Add pears; continue cooking until pears are tender. Add pecans. Cook for 5 minutes longer. Pour into hot sterilized jars and seal.

Raspberry Jam

5 lb. raspberries
Juice of 2 lemons
5 c. honey

Cook raspberries with lemon juice until tender. Add honey, blending well. Bring to a boil, then boil hard for 20 minutes, stirring constantly. Cool slightly. Pour into hot sterilized jam jars; seal with melted paraffin.

Apple-Mint Jelly

1 lb. unpeeled apples, quartered
1 c. crushed mint leaves
1 tsp. lemon juice
3 1/2 c. honey

Place apples in a large saucepan with 1 cup water. Cook gently until very tender. Spoon apples into jelly bag or several layers of cheesecloth. Place over bowl and let drip several hours or overnight. Simmer mint leaves with lemon juice and 1/3 cup water. Squeeze jelly bag over large saucepan to get as much apple juice as possible. Add mint juice. Bring to a rapid boil; boil for 1 minute. Add honey and bring to a hard boil. Boil for 2 minutes or until 2 drops on metal spoon form a hard film. Pour into hot sterilized jars, leaving 1/2-inch head space. Seal.

Black Currant Jelly

4 lb. black currants
1 c. water
3 lb. honey

Simmer black currants in water until tender. Add honey. Bring to a hard boil. Boil for 2 minutes or until 2 drops on a metal spoon form a hard film. Pour immediately into hot sterilized jelly glasses or canning jars. Cover with 1/4 inch melted paraffin. Seal and cool.

Lemon-Honey Jelly

3/4 c. lemon juice
2 1/2 c. mild-flavored honey
1/2 c. liquid fruit pectin

Combine lemon juice and honey; bring carefully to a full rolling boil. Add liquid pectin. Bring just to a boil, stirring constantly. Pour into hot sterilized small glasses and seal with melted paraffin.

Orange-Sauterne Jelly

1 tsp. finely grated orange peel
1/2 c. fresh orange juice
2 tbsp. fresh lemon juice
1 1/2 c. dry sauterne
1/2 pkg. powdered fruit pectin
4 c. mild-flavored honey

Combine grated peel, juices, sauterne and pectin in a large saucepan. Bring to a full rolling boil; stir in honey immediately. Return to rolling boil. Boil hard for 3 minutes, stirring constantly. Remove from heat. Skim to remove foam. Pour into hot sterilized glasses, leaving 1/2-inch head space. Cover immediately with 1/8 inch hot paraffin or sterilized lids. Store in dark, dry and cool place. Yield: About 6 half pints.

Honey Jelly

3 c. honey
1/2 bottle pectin

Combine honey with 1 cup water; bring to a boil. Boil for 1 minute; add pectin. Bring to a rolling boil; boil for 1/2 minute. Remove from heat. Pour into sterilized jars; seal with paraffin.

Honey-Cranberry Relish

2 c. fresh cranberries
1 orange, quartered
1 c. honey

Put cranberries and orange through food chopper. Add honey; mix well. Let stand overnight. Chill before serving. Yield: 4-5 servings.

Sweet Fruit Pickles

2 c. honey
1 c. vinegar
1 2-in. stick cinnamon
6 whole cloves
8 to 10 c. quartered apples

Combine all ingredients except apples in a large saucepan. Bring to a boil. Add apples, 2 or 3 cups at a time; cook until tender. Remove with slotted spoon, handling gently, to a bowl; continue cooking remaining apples until all are cooked. Pack apples in hot sterilized jars. Add hot syrup to within 1/2 inch of tops of jars. Place lids and bands on jars, screwing bands tight. Store until needed.

Desserts

It is no wonder that everyone looks forward to dessert at mealtime – it's the sweetest, most delightful, and most delicious time – and it's the perfect time for honey, nature's purest sweetener! Conscientious homemakers have always preferred to make their desserts "from scratch" in order to take advantage of farm-fresh dairy products, fresh fruit, as well as other high-quality ingredients. Because honey is such an adaptable "from scratch" dessert ingredient, it is the first choice in sweeteners for most creative cooks.

Like those of homemade desserts, honey-made desserts have a fresher, and more memorably delicious flavor. Honey keeps cakes, cookies, and other desserts moist and tender longer, as the honey tends to absorb moisture from the air. When using honey in desserts such as meringues, cakes, or cookies, add the honey in a fine stream (as a separate step), while continually beating the mixture. This adds volume to the batter, and also insures that the mixture will be well blended. A hint for more taste enjoyment: add two tablespoons of honey to packaged cake, waffle, or pancake batters for homemade results with a mix.

Your family's favorite fruit pies, cobblers, homemade ice creams, cookies, and candies will all boast of a new dimension in taste and enjoyment when sweetened with honey. You and your family will make honey desserts a regular feature at the table, while making "empty calories" almost a thing of the past. How Sweet It Is!

Honey Balls

1 c. peanut butter
1 c. honey
2 c. nonfat dry milk powder
1 tsp. vanilla extract
1/2 c. wheat germ

Mix peanut butter and honey in bowl. Add milk powder; mix thoroughly. Stir in vanilla and wheat germ. Shape into small balls. Roll in additional wheat germ, if desired. Chill thoroughly. Yield: 50 balls.

Carob Fruit Candy

2 c. milk
1/2 c. carob powder
2 tbsp. butter
1 c. honey
1/2 c. coconut
1 tsp. vanilla extract
1 c. chopped raisins, dates or apricots
1 c. chopped nuts

Mix milk and carob powder together. Add remaining ingredients; mix well. Shape into balls; roll in additional coconut. Candy may be shaped into a roll and cut into slices or pressed into a square pan, then cut into bite-sized squares.

Coconut Candy

1/4 c. honey
2 tbsp. nonfat dry milk powder
3/4 c. coconut
1/2 c. chopped nuts (opt.)

Combine honey and dry milk powder, then stir in coconut and nuts. Press into buttered dish. Refrigerate until cold, then cut into squares. Yield: 12 pieces.

Corny Date Morsels

2 c. corn flakes or bran flakes
3/4 c. pitted dates
1/2 c. chopped pecans
2 tbsp. honey
1 tbsp. butter
2 tsp. fresh or frozen lemon juice
Pecan halves

Put corn flakes, dates and chopped pecans through a meat grinder. Add honey, butter and lemon juice to cereal mixture. Knead until well blended. Shape into small balls. Top with pecan halves. Chill. Yield: 30 servings.

Delicious Date Balls

1/3 c. honey
3 tbsp. nonfat dry milk powder
1/2 c. (packed) ground dates
1/2 c. finely chopped nuts

Mix honey and dry milk powder until smooth. Add ground dates and nuts; mix well. Form into balls or bars. Roll in additional finely chopped nuts. Chill. Substitute 1/3 cup finely chopped apricots for the dates for a flavor variation. Yield: 24 small balls.

Mixed Fruit Candy

1/4 c. dried prunes, peaches or pears
1/4 c. dried apricots
1/4 c. dried figs
1/2 c. dates
1/2 c. raisins
1/2 c. chopped nuts
1/3 c. honey

Let prunes and apricots stand in boiling water just to cover for 5 minutes. Drain well; pat dry. Put all fruit through a food chopper, then put nuts through the food chopper. Add honey. Shape into balls with buttered hands. Roll in additional chopped nuts or coconut. Chill.

Health Candy

1/4 c. peanut butter
1/4 c. honey
1/4 c. Shaklee instant protein
1/2 c. wheat germ
1/2 c. toasted soybeans
1/2 c. raisins
1/4 c. sunflower seed

Mix first 2 ingredients together. Mix in remaining ingredients; form into balls. Chill. May be rolled in shredded coconut, if desired. Yield: 20 servings.

Peanut Butter Squares

1/2 c. honey
1 c. peanut butter
1 1/2 c. nonfat dry milk powder

Mix honey and peanut butter together. Stir in milk powder, mixing well. Pour into square pan; chill thoroughly. Cut into squares or roll into balls. Candy may be coated with 1/2 cup crushed cereal or coconut or a raisin or Brazil nut pressed in center of each candy piece.

No-Cook Candy

1/2 c. honey
1 c. nonfat dry milk powder
1 c. peanut butter
Chopped peanuts or chocolate sprinkles

Combine honey, milk powder and peanut butter; mix well. Chill thoroughly. Shape into 1 1/2-inch balls. Roll in peanuts. Yield: 36 candies.

Caramel Squares

1 tsp. flour
1/4 tsp. salt
1/4 c. cream or evaporated milk
2 tbsp. butter, melted
1/2 c. honey
1/2 tsp. vanilla extract
1/2 c. chopped nuts

Combine flour, salt and cream thoroughly in a heavy saucepan. Mix in butter and honey. Place over high heat. Cook, stirring constantly, to 258 degrees on the candy thermometer or to the firm-ball stage. Remove from heat immediately. Stir in vanilla and nuts quickly to blend. Pour into buttered dish. Chill thoroughly. Cut into squares and wrap in waxed paper.

Caramel Apples

2 c. honey
3/4 c. evaporated milk
1 tsp. vanilla extract
3 tbsp. butter
Pinch of salt
6 to 8 lg. apples

Mix honey and evaporated milk together. Cook, stirring constantly, to the firm-ball stage or to 255 degrees on the candy thermometer. Stir in vanilla, butter and salt. Dip apples into cooked caramel; spoon excess from bottom. Place on greased cookie sheets. Chill until caramel is firm.

Peanut Butter Bits

3/4 c. raw peanuts
1 c. honey
1 tsp. vanilla extract
1/2 c. peanut butter

Roast the raw peanuts in a 350-degree oven for 15 to 20 minutes. Place the honey in a saucepan and cook over medium heat to 258 degrees on the candy thermometer or to the firm-ball stage. Remove from heat and add vanilla. Pour onto a buttered platter. Let cool just enough to work with hands. Add peanut butter. Pull candy with buttered hands until lighter in color. Work in peanuts and press or roll out onto buttered surface to 1/4-inch thickness. Cut into small pieces; wrap in waxed paper.

Honey Chews

1/2 c. butter
1 c. honey
1/2 c. chopped dates
1 c. chopped nuts

Bring butter and honey to a boil and boil to 260 degrees on candy thermometer or to the hard-ball stage. Remove from heat and add chopped dates and nuts. Stir for 2 minutes, then pour into buttered pan. Cool. Cut into squares. May be wrapped in cellophane for gift giving or to store.

Photograph for this recipe above.

Coconut Bites

1/2 c. butter
2 tbsp. milk
1 c. all-purpose flour
3/4 c. honey
1/4 tsp. salt
1 c. grated coconut
1 tsp. vanilla extract
2 c. Rice Krispies or corn flakes, crushed

Combine all ingredients except vanilla and Rice Krispies in a saucepan. Cook over medium heat, stirring constantly, until dough leaves side of pan and forms a ball. Remove from heat and cool. Add vanilla and Rice Krispies. Shape into 1-inch balls. May be rolled in additional coconut. Chill thoroughly. Yield: About 42 bites.

Honey-Pecan Rolls

2 tsp. flour
1/2 tsp. salt
1/2 c. cream or evaporated milk
4 tsp. butter, melted
1 c. honey
1 tsp. vanilla extract
Chopped pecans
Miniature marshmallows

Combine flour, salt and cream thoroughly in a saucepan. Mix in butter and honey. Place over high heat and cook, stirring constantly, to 258 degrees on the candy thermometer or to the firm-ball stage. Remove from heat immediately and stir in vanilla. Place layer of pecans in a buttered 8 x 10-inch pan. Cover the pecans with 1/4 inch of hot caramel. Cover caramel with a thick layer of marshmallows. Cover with the remaining caramel. Cool. Cut into strips and shape into rolls. Wrap rolls in waxed paper or foil. Chill for several hours. Yield: 24 rolls.

Special Occasion Candy

1 1/4 c. oatmeal
1 c. chopped walnuts
1/2 c. toasted wheat germ
1/2 c. chopped dried apricots
1/3 c. sesame seed
1 tsp. cinnamon
1 c. honey

Combine all ingredients in order listed, mixing well. Spread in a 13 x 9-inch pan. Bake at 350 degrees for about 25 minutes, stirring 2 or 3 times. Turn onto greased foil. Cool. Break into small pieces.

Popcorn Balls

1 c. honey
1/4 c. water
1 tsp. vanilla extract
Popped popcorn

Combine honey and water. Cook over high heat, stirring constantly until mixture boils. Reduce heat to medium. Cook to soft-ball stage, stirring constantly. Remove from heat. Add vanilla. Cool slightly. Pour over popcorn. Shape into small balls. May be rolled in ground nuts, wheat germ or sesame seed.

Date Bars

3 eggs
1 c. honey
2 tsp. grated lemon rind
1/4 tsp. salt
1 c. all-purpose flour

Beat eggs until light and foamy. Continue beating while adding honey in a fine stream. Add lemon rind and salt. Combine flour and baking powder; add to honey mixture. Add dates and walnuts; mix well. Place in 9 x 13-inch pan. Bake at 325 degrees for 40 to 50

1 tsp. baking powder
1 pkg. chopped dates
1 c. chopped walnuts

minutes. Cool; cut in bars. Wrap in foil. Let ripen for a few days.

Walnut-Honey Brownies

2 oz. chocolate
1/4 c. butter
3/4 c. honey
2 eggs, well beaten
1/2 c. all-purpose flour
1/4 tsp. baking powder
1 tsp. vanilla extract
1 c. chopped walnuts

Melt chocolate and butter together; mix in honey. Stir into eggs; mix well. Sift together flour and baking powder; combine with chocolate mixture. Add vanilla and walnuts. Pour into a well-greased 9 x 11-inch pan. Bake for 45 minutes at 300 degrees. May be iced with a thin layer of chocolate frosting before cutting into squares.

Tropical Fruit Bars

2 tbsp. butter
1/4 c. honey
2 eggs
1 tbsp. orange juice concentrate
1 tsp. vanilla extract
1 1/4 c. whole wheat flour
1 c. shredded coconut
3/4 c. chopped roasted cashews
1 15-oz. can crushed pineapple in own juice

Cream butter in a large mixing bowl. Continue creaming while adding honey in a fine stream. Add eggs, one at a time, beating well after each addition. Add orange juice and vanilla; mix well. Add flour, a small amount at a time, beating well after each addition. Stir in coconut, cashews and pineapple, using wooden spoon; mix well. Spread into oiled 13 x 9 x 2-inch pan. Bake at 350 degrees for 45 minutes or until browned. Cool before cutting.

Chocolate-Honey Cookies

2 1/2 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1 1/2 c. oatmeal
1 c. chopped pecans
1 c. butter
1 1/4 c. honey
2 eggs, beaten
2 oz. unsweetened chocolate, melted and cooled

Sift flour, baking powder, salt and cinnamon together. Add oatmeal and pecans; mix well. Cream butter well. Add honey in a fine stream, beating constantly. Add well-beaten eggs and chocolate and mix well. Add sifted flour, a small portion at a time, mixing well after each addition. Drop by teaspoonfuls about 2 inches apart on baking sheets. Bake at 325 degrees about 15 minutes. Yield: 4 dozen.

Honey-Oatmeal Chews

1/2 c. butter
3/4 c. honey
1 egg
1 tsp. vanilla
2/3 c. sifted flour
1/2 tsp. soda
1/2 tsp. baking powder
1/4 tsp. salt
1 c. quick-cooking rolled oats
1 c. flaked coconut
1/2 c. chopped almonds

Cream butter and honey until light and fluffy. Add egg and vanilla; beat well. Sift together flour, soda, baking powder and salt. Add to creamed mixture. Stir in oats, coconut and almonds. Spread in a greased 13 1/2 x 9-inch baking pan. Bake at 350 degrees for 20 to 25 minutes. Cool, then cut into 1 1/2 x 2 1/2-inch bars. Yield: 30 bars.

Photograph for this recipe above.

Honey Crinkles

1/2 c. shortening
1/2 c. peanut butter
1/2 c. mashed ripe banana
1 tsp. vanilla extract
1 c. honey
1/2 c. sifted flour
1 tsp. salt
1 1/2 tsp. baking powder

Cream together shortening, peanut butter, banana and vanilla. Continue creaming while slowly adding honey in a fine stream. Sift flour, salt and baking powder together. Combine graham cracker crumbs with sifted flour and raisins. Add to creamed mixture and stir until well blended. Dough will be very soft. Chill for at least 1 hour before baking. Drop by

2 c. graham cracker crumbs
1 c. diced raisins or dates

teaspoonfuls onto greased cookie sheet. Bake at 325 degrees for 15 to 18 minutes. Do not overbake. Yield: 4 1/2 dozen.

Honey Chippers

1/3 c. shortening
1/2 c. honey
1 egg, well beaten
1 1/4 c. flour, sifted
1/2 tsp. salt
1/2 tsp. soda
1 pkg. semisweet chocolate chips
1/2 c. chopped nuts
1 tsp. vanilla extract

Cream shortening. Add honey in a fine stream, creaming together until light and fluffy. Add egg; mix thoroughly. Sift flour, salt and soda together. Add sifted flour in 2 parts; mix well. Add chocolate chips, nuts and vanilla; mix thoroughly. Drop mixture by teaspoonfuls on greased baking sheet 2 inches apart. Bake in 375-degree oven for 10 to 12 minutes. Yield: 4 dozen.

Honey Fruit Cookies

2 c. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 c. shortening
1 c. honey
1 egg
1/4 c. sour cream
3/4 c. chopped pecans
3/4 c. each raisins, maraschino cherries and dates

Sift flour with soda and salt. Cream shortening. Continue creaming while adding honey in a fine stream. Add egg and sour cream, mixing well. Add sifted flour, 1/2 cup at a time, beating well after each addition. Add pecans and fruit. Drop by spoonfuls onto greased pan. Bake at 350 degrees for 15 minutes.

Mincemeat Cookies

1 c. shortening
2 c. honey
3 eggs, beaten
1 9-oz. package mincemeat
4 1/2 c. sifted all-purpose flour
1/2 tsp. soda

Cream shortening in a large mixing bowl. Continue creaming while adding honey in a fine stream. Add eggs, beating well. Break mincemeat into small pieces with a fork in separate bowl. Sift flour and soda together, then add to mincemeat. Stir into creamed mixture, blending well. Drop by teaspoonfuls onto greased cookie sheet. Bake in preheated 350-degree oven for 15 minutes.

Lunch Box Special Cookies

2 c. sifted all-purpose flour
1 tsp. salt
1/2 tsp. baking powder
1/2 tsp. soda
1/2 c. butter or margarine
1 c. honey
1/2 c. sour cream
2 tsp. vanilla extract
1 c. uncooked quick-cooking oats
1 c. coarsely chopped walnuts
2 c. seedless raisins

Sift flour with salt, baking powder and soda. Cream butter in large mixing bowl. Continue creaming while adding honey in a fine stream. Stir in sour cream and vanilla. Blend in flour mixture and oats. Stir in walnuts and raisins. Chill dough for 30 minutes. Preheat oven to 325 degrees. Drop by tablespoonfuls onto well-greased cookie sheet. Bake for 15 to 20 minutes or until lightly browned. Let stand for 1 minute then remove to wire racks to cool. Yield: About 3 1/2 dozen.

Photograph for this recipe on page 135.

Golden Honey Cookies

1/2 c. butter
1 c. honey
3 eggs, well beaten
4 c. flour
2 tsp. soda
1 tsp. salt
1 c. chopped nuts

Cream butter. Continue creaming while adding honey in a fine stream. Add eggs, beating well. Sift flour, soda and salt together twice. Sift into creamed mixture, reserving a small amount to add with nuts. Beat hard for 2 minutes. Mix reserved flour with nuts, then add to batter. Drop by teaspoonfuls onto greased cookie sheet and flatten with spoon dipped in warm water. Cookies should be about 1/2 inch thick. Bake at 400 degrees for 8 to 10 minutes or until brown. Yield: 7 dozen.

Wheat Germ Drop Cookies

2 1/4 c. whole wheat flour
1 tsp. nutmeg
1 tsp. cinnamon
2 tsp. low-sodium baking powder
1/2 c. wheat germ
1/2 c. honey
1/4 c. vegetable oil
3/4 c. minus 2 tbsp. water

Sift flour, nutmeg, cinnamon and baking powder. Add wheat germ and blend. Combine honey, oil and water; add to flour mixture. Blend and beat until well mixed. Drop by teaspoonfuls onto lightly oiled baking sheet. Bake in preheated 350-degree oven for 8 to 15 minutes or until golden brown. Yield: 36 cookies.

Honey Chocolate Cake Squares

2/3 c. shortening
1 c. honey
2 eggs
2 c. sifted flour
1/2 c. cocoa
1 tsp. salt
1/2 tsp. soda
2 tsp. baking powder
3/4 c. buttermilk or sour milk
1 tsp. vanilla

Cream shortening, then continue beating while slowly adding honey. Beat in eggs, one at a time, beating well after each addition. Sift flour, cocoa, salt, soda and baking powder together 3 times. Add dry ingredients alternately with the buttermilk and vanilla to creamed mixture. Pour batter into greased and floured 9 x 13-inch pan. Bake at 350 degrees for 20 to 25 minutes or until cake tests done. Frost with favorite icing.

Photograph for this recipe below.

Oatmeal-Raisin Chews

1 c. whole wheat flour
1/2 tsp. soda
1/2 tsp. baking powder
1/4 tsp. salt
1/2 tsp. cinnamon
1/2 c. butter or margarine
2/3 c. honey
1 egg, beaten
1 c. oats
1 c. raisins
1/2 c. chopped nuts (opt.)

Sift together flour, soda, baking powder, salt and cinnamon. Cream butter. Continue creaming while adding honey in a fine stream. Beat until creamy and light. Add beaten egg. Add sifted dry ingredients; mix well. Add oats, raisins and nuts. Drop from teaspoon onto ungreased cookie sheet. Bake in preheated 350-degree oven for 10 to 12 minutes. Yield: 48 cookies.

Favorite Oatmeal Cookies

3/4 c. shortening
1 1/2 c. honey
1 egg, beaten
2 1/2 c. all-purpose flour
3/4 tsp. salt
1/4 tsp. soda
2 1/4 tsp. baking powder
1 tsp. cinnamon
1 1/2 c. oats
1/4 c. raisins
1 tbsp. hot water
1 tsp. vanilla extract

Cream shortening. Continue creaming while adding honey in a fine stream. Add beaten egg. Sift flour, salt, soda, baking powder and cinnamon together. Add to creamed mixture. Add oats, raisins, water and vanilla; mix thoroughly. Drop by teaspoonfuls onto cookie sheet. Bake at 375 degrees for 25 minutes. For flavor variations omit raisins and add 1/4 cup chopped cherries, 1/2 cup chocolate chips or 1/2 cup coconut. Yield: 5 dozen.

Peanut Butter Drop Cookies

1/2 c. shortening
1 c. honey
1/2 c. peanut butter
1 egg
1 1/4 c. all-purpose flour
1/2 tsp. salt
1/2 tsp. soda

Cream shortening. Continue creaming while adding honey in a fine stream. Add peanut butter; mix well. Add egg; beat until light and fluffy. Sift dry ingredients together. Add to creamed mixture. Drop by teaspoonfuls onto a lightly greased cookie sheet. Bake for 12 to 15 minutes at 325 degrees.

RECIPES ON PAGES 132 AND 138.

7+7=
2+8=

Raisin Puff Cookies

1 c. seedless raisins
2 tbsp. water
1 c. honey
1/2 c. soft shortening
1 tsp. vanilla extract
1/2 c. chopped nuts
2 eggs
2 c. sifted flour
1/2 tsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. allspice

Slowly boil raisins, water and honey together for 5 minutes, stirring constantly. Cool. Add shortening, vanilla and nuts and mix well. Beat eggs until very light, then fold into raisin mixture. Sift together flour, baking powder, soda, salt and spices. Add to creamed mixture, mixing well. Chill for 30 minutes. Drop by teaspoonfuls onto greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. Cool on wire rack. Yield: 4 dozen.

Ragged Robins

2 egg whites
Pinch of cream of tartar
1/2 c. honey, warmed
2 c. corn flakes
1 c. chopped dates
1 c. chopped nuts
1 tsp. vanilla extract

Beat egg whites until foamy. Add cream of tartar; beat until stiff. Continue beating while adding honey in a fine stream. Combine corn flakes, dates and nuts in a large bowl; mix gently. Fold in egg white mixture. Add vanilla. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 degrees for about 15 minutes. Cool before removing from the cookie sheet. Yield: 5 dozen.

Peanut Butter Rice Chex

1 pkg. Rice Chex
2/3 c. honey
1/2 c. peanut butter

Roll Rice Chex into crumbs. Spread honey and peanut butter in buttered 8 or 9-inch square pan. Stir over low heat for 2 minutes or until thoroughly blended. Remove from heat. Add crumbs, 1/2 at a time, mixing well after each addition. Spread evenly in the buttered pan. Pack firmly and smoothly with back of a large spoon. Cool for 1 hour. Cut into 1 1/2-inch squares. Yield: 36 squares.

RECIPE ON PAGE 160.

Teatime Favorite Cookies

1/2 c. butter or margarine
2 tbsp. raspberry gelatin
1/4 c. honey
1 tsp. vanilla extract
1/8 tsp. salt
1 1/4 c. sifted all-purpose flour
1 c. flaked coconut

Cream butter and gelatin until smooth in large mixing bowl. Continue creaming while adding honey in a fine stream. Add vanilla and salt; mix well. Add flour and coconut; mix until smooth ball can be formed. Chill dough 30 minutes. Preheat oven to 325 degrees. Shape dough into 1-inch balls. Place on ungreased baking sheet. Use a floured thimble to form a design. Press thimble 5 times halfway through ball, forming an interlocking circle design. Bake for 10 to 12 minutes or until bottoms are lightly browned. Do not overbake. Yield: About 2 1/2 dozen.

Photograph for this recipe on page 135.

Glazed Christmas Cookies

2 c. sifted all-purpose flour
1 tsp. soda
1 tsp. salt
1/2 c. soft butter
1 tsp. vanilla extract
1/2 tsp. almond extract
2/3 c. honey
1 egg
1/4 c. vinegar
1/2 c. finely chopped mixed candied peel
1/2 c. finely chopped red or green glace cherries
1/2 c. finely shredded coconut
1 egg white, slightly beaten
Slivered blanched almonds

Sift together flour, soda and salt. Cream together butter, vanilla and almond extract. Continue creaming while adding honey in a fine stream. Beat until fluffy and creamy. Beat in egg and vinegar. Stir in sifted dry ingredients gradually; blend well. Mix in candied peel, cherries and coconut. Chill dough for several hours or overnight. Shape 1/4 of the dough at a time, leaving remaining dough chilled. Shape into 3/4-inch balls; place 2 inches apart on greased baking sheet. Grease the bottom of a 2-inch round glass tumbler, then dip in flour. Press cookies with tumbler, dipping tumbler in flour as needed. Brush surface of cookies with slightly beaten egg white. Arrange almonds in flower petal design on each cookie. Bake at 350 degrees for about 12 minutes. Remove from pan and cool on wire rack. Yield: 6 dozen.

Crisp Honey Cookies

1/2 c. butter
1/2 c. honey

Cream butter in a large mixing bowl. Continue creaming while adding honey in a fine stream.

1 3/4 c. all-purpose flour
1 tsp. soda
1/2 tsp. cinnamon
1/4 tsp. ground cloves
1/3 c. wheat germ

Sift together flour, soda and spices; mix in wheat germ. Combine dry ingredients with creamed mixture; chill for about 1 hour. Roll out on lightly floured board to about 1/8-inch thickness. Cut with floured cookie cutter. Place on greased cookie sheet. Bake in 350-degree oven for 8 to 10 minutes. Cool on rack, then spread thinly with desired frosting. Yield: 3 dozen.

Honey Sundies

1 c. shortening
1/4 c. honey
2 c. sifted flour
1/2 tsp. salt
1/2 tsp. vanilla or almond extract
2 c. chopped pecans

Cream shortening. Continue creaming while adding honey in a fine stream. Sift flour and salt together. Add to creamed mixture in 2 parts mixing well after each addition. Stir in vanilla and pecans, mixing well. Shape into small balls; place on cookie sheet. Bake at 300 degrees for 30 minutes.

Lemon-Butter Cookies

1 c. butter
1 c. honey
1 egg, separated
1 tbsp. grated lemon or orange rind
4 c. sifted flour
1 tsp. baking powder
1 tbsp. lemon juice
1/2 to 1 c. chopped almonds

Cream butter. Continue creaming while adding honey in a fine stream. Beat in the egg yolk. Add lemon rind. Sift flour and baking powder together. Add to creamed mixture 1/2 cup at a time, beating well after each addition. Add lemon juice and almonds and stir well. Chill thoroughly. Shape dough into small balls and arrange on greased cookie sheet. Brush lightly with beaten egg white. Bake at 350 degrees for 10 to 15 minutes. Yield: 4 dozen.

Pecan Butterballs

1 c. butter
1/4 c. honey
2 c. sifted flour
1/2 tsp. salt
2 tsp. vanilla extract
2 c. finely chopped pecans

Cream butter. Continue creaming while adding honey in a fine stream. Sift flour and salt together. Add to creamed mixture 1/2 cup at a time, beating well after each addition. Add vanilla. Add chopped pecans. Shape into small balls and place on a greased baking sheet. Bake in a 300-degree oven for 40 to 45 minutes. Cool on wire rack.

Poinsettia Balls

3 c. sifted all-purpose flour
1/2 tsp. soda
1/2 tsp. salt
1 c. butter
2/3 c. honey
2 eggs, separated
2 tbsp. grated orange rind
1 tbsp. grated lemon rind
2 tbsp. white vinegar
1 1/2 c. finely chopped pecans
7 doz. red glace cherries

Sift together flour, soda and salt. Cream butter. Continue creaming while adding honey in a fine stream. Beat until light and fluffy. Beat in egg yolks until well blended. Beat in orange and lemon rinds and vinegar. Stir in dry ingredients gradually, mixing well. Chill dough for 1 hour. Shape into 1-inch balls. Beat egg whites slightly. Dip balls into slightly beaten egg whites, then roll in pecans. Place 2 inches apart on greased baking sheet. Cut each cherry with scissors from top almost to the bottom in thin slices to form petals. Place a cut cherry on top of each ball, spreading petals into a flower pattern. Bake in 325-degree oven for 18 to 20 minutes. Yield: 7 dozen.

Spice Cookies

1 c. honey
1/4 c. butter
1/3 c. chopped pecans
Grated rind of 1 lemon
1/2 tsp. ground cloves
1/2 tsp. cardamom seed
2 1/4 c. flour
2 tsp. baking powder

Heat the honey and butter together for about 5 minutes. Add remaining ingredients except the baking powder and mix thoroughly. Partially cool, then sift in the baking powder and mix again. Let stand overnight. Roll out thin on a floured surface. Cut into desired shapes. Place on greased baking sheet. Decorate with bits of citron and almond halves. Bake at 350 degrees for about 8 to 10 minutes or until lightly browned.

Cashew Granola

6 c. rolled oats
1 c. shredded coconut
1 c. wheat germ
1/2 c. shelled sunflower seed
3/4 c. cashews, halved
1 tsp. cinnamon or nutmeg
1/2 c. cooking oil
1/2 c. honey
1/3 c. water
1 1/2 tsp. salt
1 1/2 tsp. vanilla extract
1 c. raisins

Combine oats, coconut, wheat germ, sunflower seed, cashews and cinnamon in large bowl. Mix oil, honey, water, salt and vanilla. Pour over dry mixture; stir well to coat. Spread mixture evenly on 2 greased baking sheets. Bake at 350 degrees for 30 to 40 minutes, stirring frequently. Cool thoroughly; add raisins. Store in airtight container. Yield: 10 cups.

Fried Honey Bits

2 c. sifted flour
1/4 tsp. salt
1/2 tsp. baking powder
3 eggs
1/2 tsp. vanilla extract
Oil
1 1/8 c. honey
Blanched toasted almonds to taste

Sift flour, salt and baking powder into large bowl. Add eggs and vanilla; blend well. Turn out on lightly floured board and knead. Divide dough into portions. Roll out each half to form a 1/4-inch rectangle. Cut in strips and roll with palms of hands. Cut into 1-inch pieces. Fry in oil at 365 degrees until golden brown. Place honey in a saucepan; heat through over low heat. Stir in the fried pieces. Add almonds and chill thoroughly.

Honey-Applesauce Cake

1/2 c. shortening
1 c. honey
2 eggs
3 c. flour
1 tsp. cloves
1 1/2 tsp. soda
1/4 tsp. salt
1 tsp. cinnamon
1 1/2 c. applesauce
1 c. raisins
1/2 c. coarsely chopped nuts

Cream the shortening. Add the honey in a fine stream and cream until well mixed. Beat eggs into creamed mixture one at a time, mixing well after each addition. Sift dry ingredients together. Add to creamed mixture alternately with the applesauce. Add raisins and nuts. Pour batter into a well-greased 13 x 9-inch pan. Bake in a 325-degree oven for 45 minutes or until cake tests done. Cool.

Carrot Layer Cake

4 eggs
1 c. vegetable oil
1 1/2 c. honey
3 c. flour
2 tsp. soda
2 tsp. cinnamon
1 tsp. salt
3 c. grated carrots
1 c. chopped pecans

Beat eggs and oil together until well blended. Add honey in a fine stream, beating constantly. Sift dry ingredients together. Add to batter in 2 additions, beating well after each addition. Fold in carrots, then add pecans. Pour into 2 greased and floured layer cake pans. Bake at 325 degrees for 30 to 50 minutes or until cake tests done. Cool on cake racks, then frost.

EASY FROSTING

8 oz. cream cheese
1/3 c. honey
1 tsp. vanilla

Beat cream cheese until smooth, then add honey in a fine stream. Add vanilla and beat until smooth. Spread between cake layers and over the top.

Honey Fudge Cake

3 1-oz. squares unsweetened chocolate, melted
1 c. milk
1 1/3 c. honey
3 eggs
1/2 c. shortening
1 1/4 tsp. vanilla extract
2 c. sifted cake flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt

Combine melted chocolate, 1/3 cup milk, 1/3 cup honey and 1 well-beaten egg in a saucepan. Cook over low heat, stirring constantly until thickened, then cool. Cream shortening and vanilla. Continue creaming while adding 1 cup honey in a fine stream. Add remaining eggs, one at a time, beating well after each addition. Sift together flour, soda, baking powder and salt. Combine cooled chocolate with 2/3 cup milk. Add dry ingredients to creamed mixture alternately with chocolate mixture, beating well after each addition until smooth. Pour into 2 greased, paper-lined 9-inch round pans. Bake at 350 degrees for 25 to 30 minutes or until cake tests done. Cool for 5 minutes before removing from pan. Frost with a chocolate icing.

Raisin-Honey Fruitcake

1 15-oz. package dark seedless raisins
1 15-oz. package golden seedless raisins
2 c. diced candied orange peel
1 c. diced citron
1 c. diced candied pineapple
1 c. halved candied cherries
1 c. chopped almonds or walnuts
1 1/2 c. honey
1/2 c. soft shortening
1/2 c. butter
2 tsp. grated orange peel
2 tsp. grated lemon peel
6 eggs, well beaten
2 1/2 c. sifted flour
1 tsp. baking powder
1 1/2 tsp. salt
1 tsp. ginger
1 tsp. cinnamon

Combine fruits and almonds. Beat honey, shortening, butter and grated orange and lemon peels together until creamy. Beat in well-beaten eggs. Resift flour with baking powder, salt and spices. Add to honey mixture. Blend in fruit mixture until well mixed. Spoon batter into 2 well-greased and floured 6 1/2-cup ring molds, or three 8 x 4 x 2 1/2-inch foil pans. Place in a shallow pan of hot water on bottom shelf of oven. Bake at 300 degrees for 2 hours or until cake tests done. Let cake stand in pans about 1 hour before turning out on wire rack to cool.

Photograph for this recipe on page 10.

For a quick and delicious cake icing, slightly warm honey to spread easily. Then add chopped nuts and coconut. Spread this gently and evenly over the cake of your choice.

Golden Honey Fruitcake

3 oz. candied lemon peel
3 oz. candied orange peel
1/4 lb. preserved citron
1/4 lb. pitted dates, halved
1/2 lb. candied pineapple, cut in eighths
1/2 lb. seedless raisins
1/4 lb. walnuts, coarsely chopped
1/4 lb. pecans, coarsely chopped
2 c. sifted all-purpose flour
1 c. butter or margarine
1 c. honey, strained
5 eggs
1/2 tsp. salt
1 tsp. allspice
1 tsp. baking powder
1/2 tsp. ground nutmeg
1/4 c. orange juice

Cut peels and citron into long thin strips. Combine fruits and nuts then dredge in 1/2 cup flour. Cream butter and add honey gradually, blending thoroughly. Add eggs, beating well. Sift 1 1/2 cups flour and dry ingredients together. Add dry ingredients to creamed mixture, alternately with orange juice, beating well after each addition. Fold in fruit. Turn into 2 loaf pans lined with brown paper and greased. Bake in 250-degree oven for 3 hours to 3 hours and 30 minutes or until cake tests done.

Photograph for this recipe above.

Walnut Fruitcake Confection

1/2 c. honey
1/2 c. undiluted evaporated milk
1 tbsp. lemon juice
4 c. miniature marshmallows or 32 lg. marshmallows, cut in pieces
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
1 1/2 c. chopped raisins
1 1/2 c. pitted, diced dates
2 c. diced candied pineapple and cherries
1 1/2 c. chopped walnuts
6 c. honey-graham cracker crumbs
1/4 c. (about) brandy or fruit juice

Blend together honey, milk, lemon juice, marshmallows, salt, spices, prepared fruits and walnuts in a large mixing bowl. Work in cracker crumbs and brandy until mixture is moist enough to shape into miniature fruit cakes, holiday wreaths or trees. Line loaf pan or ring mold with waxed paper. Pack fruitcake mixture into pan; cover top. Chill several days to blend flavors. Cakes freeze with ease. Serve small pieces with sherry. Yield: One 2 1/2-pound cake.

Photograph for this recipe below.

Honey-baked bananas are grand for dessert: Peel the bananas, place in a well-greased baking dish. Then coat each banana thoroughly with honey, using a pastry brush. Bake at 350 degrees F. for 15 to 20 minutes or until heated through.

Honey-Cream Cupcakes

1 11 1/2-oz. package orange cake mix
1 c. heavy cream
1 tsp. grated orange rind
1 tsp. grated lemon rind
6 tbsp. honey

Prepare cake mix according to package directions. Fill greased and floured tassie pans half full with batter. Bake for 15 minutes at 375 degrees. Cool in pans before removing. Cover cupcakes with towel to keep moist. Whip cream until thick and glossy; stir in rinds and honey. Cut out centers of each cake. Fill, mounding slightly, with honey-cream. Replace tops. Garnish as desired. Yield: 4 dozen small cakes.

Gingerbread

2 3/4 c. sifted flour
1 tsp. soda
1 tsp. salt
2 tsp. baking powder
1 tsp. ground ginger
1 tsp. cinnamon
1 egg, beaten
1 c. vegetable oil
3/4 c. honey
3/4 c. molasses
1 c. buttermilk

Sift flour, soda, salt, baking powder and spices together. Cream egg and oil together. Add honey in a fine stream, beating constantly. Add molasses in a fine stream beating constantly. Add sifted flour alternately with buttermilk, beating until smooth after each addition. Pour into 2 well-greased loaf pans or one 13 x 9-inch pan. Bake at 325 degrees for 30 to 50 minutes or until cake tests done. Cool for 5 minutes, then turn onto wire racks and cool. Serve with whipped cream.

Honey Of A Cake

1 c. oats
1/2 c. butter
1 1/2 c. boiling water
1 3/4 c. whole wheat flour
1 tsp. soda
3/4 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
2 eggs
1 1/4 c. honey
1 tsp. vanilla extract

Combine oats, butter and boiling water in a large bowl and let stand for 20 minutes. Sift flour, soda, salt, cinnamon and nutmeg together. Beat eggs until light and foamy. Add honey in a fine stream, mixing well. Add vanilla. Stir in oats mixture. Add sifted ingredients about 1/2 cup at a time, beating well after each addition. Pour into a 13 x 9-inch greased and floured pan. Bake at 350 degrees for 30 to 40 minutes or until cake tests done. Cool cake. Ice with a honey-butter frosting.

Honey-Lemon Layer Cake

1/2 c. shortening
1 c. honey
2 eggs
2 c. sifted cake flour
3/4 tsp. soda
1/2 tsp. salt
2 tbsp. lemon juice
1/4 c. milk
1 tsp. grated lemon peel

Cream shortening. Continue creaming while adding honey in a fine stream. Add eggs, one at time, beating well after each addition. Sift flour, soda and salt together. Add lemon juice to milk. Add sifted dry ingredients to creamed mixture alternately with milk. Stir in lemon peel. Pour into 2 greased 8-inch layer cake pans. Bake in a 325-degree oven for 25 to 30 minutes or until cake tests done. Fill and top with lemon cream filling.

Pineapple Honey Cake

1/2 c. shortening
1 c. honey
2 eggs
2 c. flour
2 tsp. baking powder
1/2 tsp. salt
1/2 c. pineapple juice
1 tsp. vanilla extract

Cream shortening. Continue creaming while adding honey in a fine stream. Add eggs, one at a time, beating well after each addition. Sift dry ingredients together. Add to creamed mixture alternately with pineapple juice. Stir in vanilla. Pour into tube pan. Bake for 1 hour at 300 degrees or until cake tests done.

PINEAPPLE GLAZE

1/4 c. pineapple juice
2/3 c. honey

Bring pineapple juice and honey to a quick boil. Let cool. Apply to warm cake using pastry brush.

Soft Spice Cake

1/2 c. shortening
3/4 c. honey
2 c. sifted cake flour
2 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves
1/4 tsp. nutmeg
2 eggs, separated
1/2 c. milk
1/2 c. chopped nuts
1/2 c. chopped raisins

Cream shortening. Continue creaming while adding honey in a fine stream. Sift flour, baking powder, salt and spices together. Add 1 cup flour mixture to the honey mixture and beat well. Add egg yolks and beat well. Add remaining dry ingredients alternately with milk. Add nuts and raisins with last addition of flour. Beat egg whites until stiff. Fold into batter. Pour into greased and floured 9-inch tube pan. Bake at 325 degrees for 1 hour or until cake tests done. Drizzle additional honey over hot cake.

Upside-Down Cake With Honey Sauce

1 3/4 c. honey
1 1/4 c. butter
4 or 5 unpeeled apples, cored or 1 sm. can pineapple slices
Maraschino cherries
Pecan halves
1 egg
1 1/2 c. flour
1 tsp. baking powder
1/4 tsp. soda
1/4 tsp. cinnamon
1/2 tsp. nutmeg
1/8 tsp. ginger
1/2 c. milk

Place 1/2 cup honey and 1/4 cup butter in a heavy, medium iron skillet and let melt slowly over low heat. Cut the apples crosswise into 3/4-inch thick slices. Add enough slices of the apple rings to honey and butter mixture to cover the bottom of the skillet. Simmer until apples are partially cooked, turning once. Place a maraschino cherry in the center of each apple ring and pecan halves in the spaces around the apples. Cream 1/2 cup butter; add 3/4 cup honey in a fine stream. Add egg; beat well. Sift dry ingredients together. Add alternately with milk, beating well after each addition. Pour batter over apples in skillet. Bake at 350 degrees for 30 to 35 minutes or until cake tests done. Invert cake onto a large platter. Combine 1/2 cup honey with 1/2 cup butter; heat thoroughly. Serve upside-down cake with sauce.

Vanilla Honey Cake

1/2 c. shortening
1 c. honey
2 eggs
2 c. flour
1/2 tsp. salt
2 tsp. baking powder
1/2 c. milk
1 tsp. vanilla extract

Cream shortening. Continue creaming while adding honey in a fine stream. Add eggs, one at a time, beating well after each addition. Sift dry ingredients together. Add sifted ingredients alternately with the milk to the creamed mixture. Add vanilla. Pour into 2 greased and floured layer cake pans. Bake at 350 degrees for 25 to 35 minutes or until cake tests done. Frost with desired frosting. Add 2 tablespoons instant coffee to cake batter for a flavor variation.

Date And Bread Pudding

1/2 c. chopped dates
1/2 c. chopped nuts
1/2 c. flour
1/4 tsp. salt
1 tsp. baking powder
2 eggs, beaten
3/4 c. honey
1/2 c. whole wheat bread crumbs

Dust dates and nuts with a small amount of flour. Sift remaining flour with salt and baking powder. Beat eggs until frothy. Continue beating while adding honey in a fine stream. Add crumbs, sifted dry ingredients, dates and nuts; mix well. Pour into greased baking dish. Bake for 20 minutes in a 350-degree oven.

Cranberry Pudding

2 c. large cranberries, halved
1 1/2 c. flour
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
2/3 c. honey
1/3 c. hot water
Honey Sauce

Combine cranberries with a small amount of flour to coat well. Sift remaining flour, baking powder, soda and salt together. Add cranberries. Combine honey and water and add to cranberry mixture, mixing well. Turn into greased mold; cover tightly. Steam for 2 hours. Serve hot with Honey Sauce.

HONEY SAUCE

1/2 c. butter
2/3 c. honey
2 tbsp. flour
2 eggs, slightly beaten
1/2 c. lemon juice
1/2 pt. whipping cream, whipped

Combine first 4 ingredients. Cook slowly in double boiler until thickened. Remove from heat; stir in lemon juice. Cool, then fold in whipped cream.

Family-Favorite Bread Pudding

2 2/3 c. day-old bread cubes
1/4 c. honey
2 tbsp. butter or margarine
1/8 tsp. salt
2 eggs, beaten
1/2 tsp. vanilla extract
1 2/3 c. hot milk
Nutmeg (opt.)

Place bread cubes in small baking dish. Combine honey, butter, salt, eggs and vanilla; stir in milk slowly. Pour over bread; sprinkle with nutmeg. Set baking dish in pan of hot water. Bake at 350 degrees for 30 to 40 minutes or until pudding is set. Yield: 4 servings.

Grape Nuts Puff Pudding

6 tbsp. butter
1 1/2 tsp. grated lemon rind
3/4 c. honey
3 eggs, separated
1/4 c. lemon juice

Cream butter and lemon rind together; add honey gradually, creaming well. Add beaten egg yolks, beating thoroughly. Add lemon juice. Stir in flour, Grape Nuts and milk; mix well. Fold in stiffly beaten egg whites gently. Turn into greased baking dish; place in pan of

3 tbsp. flour
6 tbsp. Grape Nuts
1 1/2 c. milk

hot water. Bake at 325 degrees for 1 hour and 15 minutes. Yield: 6 servings.

Rice Pudding

2 c. cooked rice
3 c. milk
3/4 c. honey
3 eggs
1 c. raisins
1/2 tsp. cinnamon

Combine rice, milk and honey. Add eggs; mix well. Stir in raisins. Place in greased baking dish. Sprinkle with cinnamon. Bake at 300 degrees for about 1 hour. Serve with whipped cream, if desired.

Honey Custard

3 eggs, beaten
1/4 c. honey
1/4 tsp. salt
2 c. milk
Nutmeg

Combine eggs, honey and salt. Scald milk and stir slowly into egg mixture. Pour into custard cups. Sprinkle with nutmeg. Set cups in pan of hot water. Bake in 325-degree oven for 30 minutes or until knife inserted in mixture comes out clean.

Photograph for this recipe below.

Quick Pumpkin Pudding

3 eggs
3/4 c. honey
1 3/4 c. pumpkin
1/2 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 tsp. salt
1 c. evaporated milk

Beat eggs until frothy. Continue beating while adding honey in a fine stream. Stir in pumpkin. Add spices and salt, mixing well. Add milk. Pour pumpkin mixture into buttered deep 9-inch pie pan. Bake at 325 degrees for 1 hour or until knife inserted in center comes out clean. Cool thoroughly. Serve with honey-sweetened whipped cream, if desired.

Christmas Plum Pudding

1 c. all-purpose flour
1 tsp. salt
3 tsp. cinnamon
1 tsp. allspice
1/4 tsp. cloves
Nutmeg to taste
1/2 lb. suet
1 lb. raisins
1 lb. currants or chopped dates
1/4 lb. citron, chopped
1/2 lb. dry bread crumbs
8 eggs
2/3 c. honey
1 c. grape juice

Sift flour, salt and spices into large mixing bowl. Put suet through food grinder, using coarse blade, or chop fine. Add suet, fruit and bread crumbs to flour mixture; stir until well mixed. Beat eggs until foamy; continue beating while adding honey in a fine stream. Beat until well mixed. Stir eggs and grape juice into fruit mixture; mix well. Pack into 3 well-greased 1-pound coffee cans. Tie several thicknesses of foil over tops of cans to cover tightly. Place cans in large roasting pan; add enough hot water to come above level of pudding in cans. Place lid on roasting pan. Bake in 400-degree oven until water comes to a boil. Reduce oven temperature to 350 degrees; bake for 3 hours longer. Cool slightly on racks. Pour off any excess fat; remove puddings from cans. Serve warm with sauce. Reheat by placing foil-wrapped pudding in 200-degree oven for 20 to 30 minutes.

Honey-Citron Steamed Pudding

1/2 tsp. soda
3/4 c. chopped citron
3/4 c. chopped nuts
1 5/8 c. flour
1/2 tsp. salt
Juice and grated rind of 1/2 lemon
1/2 c. chopped suet
1/2 c. milk
1/2 c. honey

Dissolve soda in a small amount of hot water. Dredge citron and nuts with small amount of flour. Sift remaining flour and salt together. Combine all ingredients, mixing well. Pack in well-greased pudding mold. Steam, tightly covered, for 2 hours and 30 minutes, adding more water if needed. Let mold cool slightly before removing pudding. Serve with hard sauce or honey.

Blackberry Fluff

1 lb. blackberries
2/3 c. honey
Juice of 1/2 lemon
2 env. unflavored gelatin
3 egg whites

Place the blackberries, honey, lemon juice and gelatin in a saucepan; add about 1/3 cup water. Simmer for 15 minutes. Strain through a sieve. Chill until partially set. Beat the egg whites until stiff. Fold egg whites into blackberry mixture. Chill. Serve with whipped cream.

Honey French Cream

1 1/2 c. thin cream
1 env. plain gelatin
1/4 c. cold water
2 3-oz. packages cream cheese
1/3 c. milk
2 tsp. vanilla
2 eggs, beaten
1/2 c. honey
2 tbsp. flour
1/2 tsp. salt
1 No. 303 can fruit cocktail

Scald cream in top of double boiler. Soak gelatin in cold water. Blend cream cheese until smooth with milk and vanilla. Combine beaten eggs, honey, flour and salt. Stir into scalded cream. Cook, stirring frequently, until slightly thickened and smooth, about 10 minutes. Remove from heat. Add gelatin and cream cheese mixture. Beat until well blended. Pour into an 8-inch oiled ring mold or individual molds. Chill until firm. Serve with chilled fruit cocktail. Yield: 6 servings.

Photograph for this recipe below.

Lemon Bisque

1 13-oz. can evaporated milk
1 pkg. lemon gelatin
1 1/4 c. boiling water
1/3 c. honey
1/8 tsp. salt
3 tbsp. lemon juice
Grated rind of 1 lemon
2 1/2 c. vanilla wafer crumbs
Whipped cream
Cherries

Chill milk until ice crystals form. Dissolve gelatin in water. Add honey, salt, lemon juice and rind; mix thoroughly. Place in refrigerator until partially congealed. Whip milk until stiff. Whip gelatin mixture into milk. Spread half the crumbs in a 10 x 13 1/2-inch pan; pour in lemon mixture. Top with remaining crumbs. Chill for 3 hours or longer. Serve with whipped cream and cherries. Yield: 10 servings.

Refreshing Lemon Dessert

1 sm. can evaporated milk
1 pkg. lemon gelatin
1/2 c. boiling water
1/2 c. honey
Juice of 1/2 lemon
1/2 lb. vanilla wafers or graham crackers, crushed

Chill milk until ice crystals form. Dissolve gelatin in boiling water. Add honey and lemon juice; mix well. Whip chilled evaporated milk until stiff. Fold into gelatin. Line a pan with crushed wafers. Pour in lemon mixture. Sprinkle additional crushed wafers on top of mixture. Chill until set. Cut in squares. Yield: 6 servings.

Honey Party Rice

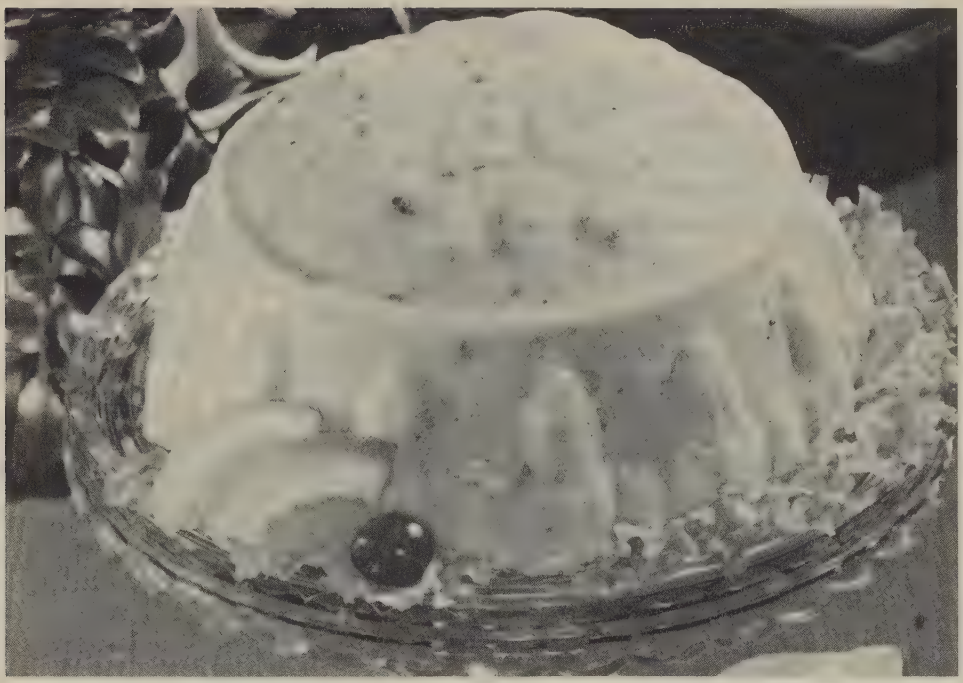
1 c. whipping cream
1/3 c. honey
1/2 tsp. vanilla extract
1 c. cold cooked rice
1 1/2 c. crushed pineapple, drained
8 marshmallows, cut up

Whip cream until stiff. Add honey in a fine stream, beating until blended. Stir in vanilla. Combine remaining ingredients, then fold into cream mixture. Chill thoroughly. Yield: 6 to 8 servings.

Coffee Pots De Creme

1 1/4 c. half and half
2 chocolate marshmallow candy bars, cut up
1 tbsp. instant coffee

Combine half and half, candy and coffee. Heat slowly in a double boiler, stirring until candy is melted. Beat egg yolks, vanilla, honey and salt together. Add candy mixture to egg mixture



3 egg yolks
1 tsp. vanilla extract
1 tbsp. honey
1/8 tsp. salt
Whipped cream (opt.)

slowly, beating constantly. Pour into 4 to 6 petits pots or small custard cups. Place in pan of hot water. Bake in preheated 325-degree oven for about 25 to 35 minutes or until knife inserted near center comes out clean. Chill. Serve topped with whipped cream. Yield: 4-6 servings.

Honey-Banana Mold

1 3-oz. package orange gelatin
2 med. ripe bananas
1/2 c. honey
3 tbsp. lemon juice
2/3 c. evaporated milk

Dissolve gelatin in 1 cup boiling water; cool. Mash bananas in large bowl of electric mixer at medium speed. Blend in honey, lemon juice and gelatin. Chill until thickened. Chill milk until icy crystals form. Beat at low speed into gelatin mixture gradually. Turn to high speed; beat until mixture doubles in volume and becomes thick. Turn into lightly oiled 5-cup mold. Chill for about 3 hours or until set. Unmold on serving dish; garnish with orange slices and maraschino cherries. Yield: 6 servings.

Photograph for this recipe above.

Almond Cheesecake

1 1/2 lb. ricotta cheese
2 tbsp. honey
1 tbsp. cream sherry
1/2 c. ground almonds

Combine the cheese, honey and sherry in a bowl and beat until well blended. Grease a 1-quart mold lightly and dust with small amount of ground almonds. Add remaining almonds to cheese mixture and mix well. Press into the mold and cover. Chill for 24 hours. Dip into hot water to unmold and garnish with seeded grapes or fresh berries. Catawba wine may be substituted for sherry. Yield: 6-8 servings.

Chilled Cheesecake

1 3-oz. package lemon gelatin
1/2 c. boiling water
1 8-oz. package cream cheese
1/2 c. honey
2 tsp. lemon juice
1 tsp. vanilla
1 1/2 c. evaporated milk, chilled
1 graham cracker crust

Mix gelatin with boiling water until gelatin is dissolved. Chill until partially set. Mix cheese with honey, lemon juice and vanilla. Whip chilled milk until stiff then fold into cheese mixture. Combine with gelatin. Pour into graham cracker crust. Chill before serving.

Irish Honey Cheesecake

2 8-oz. packages cream cheese
1/3 c. honey
1 4-oz. package lemon pudding mix
2 c. water
2 eggs, beaten
1 env. unflavored gelatin
Grated rind of 1 lemon
1 c. honey graham cracker crumbs
2 tbsp. butter or margarine
1/4 c. coconut, tinted green

Allow cream cheese to soften at room temperature. Combine honey, pudding mix, water, eggs, gelatin and lemon rind in saucepan; cook, stirring constantly, until very thick. Cool slightly. Beat cream cheese until smooth. Stir in lemon mixture gradually; stir until smooth. Allow to stand at room temperature. Combine graham cracker crumbs and butter; mix well. Pour into 8-inch springform pan. Press firmly against bottom of pan. Pour filling over crust. Chill for 3 to 4 hours. Sprinkle with coconut. Decorate with shamrock candies or surround with artificial shamrocks. Yield: 8-10 servings.

Apple Freeze

1/4 c. honey
1 c. applesauce
3 tbsp. lemon juice
1 tsp. grated lemon rind
1 c. evaporated milk

Heat honey; do not boil. Stir into applesauce, mixing well. Stir in remaining ingredients; pour into refrigerator tray. Freeze at coldest temperature until almost firm. Turn into a chilled bowl; beat until smooth. Return to refrigerator tray and freeze until firm.

Chocolate Almond Mousse

4 chocolate almond bars, cut up
1/4 c. milk
1/2 tsp. rum or brandy extract
1 tsp. vanilla extract
Pinch of salt
1 tbsp. honey
1/2 pt. whipping cream, whipped

Combine candy and milk in saucepan; heat slowly, stirring constantly, until candy is melted. Cool. Stir in rum extract, vanilla, salt and honey. Fold sauce into whipped cream. Do not overmix. Spoon into 2 1/2-inch fluted paper or foil baking cups or muffin pans. Freeze until firm. Yield: 6 servings.

Frozen Fruit Dessert

4 oz. cream cheese
3 tbsp. mayonnaise
3 tbsp. honey
1 c. drained pitted white cherries
1 sm. can fruit cocktail, drained
3 slices pineapple, cut up
1/2 pt. whipping cream, whipped

Mix cream cheese with mayonnaise. Add honey and mix well. Add fruit and fold in whipped cream. Place in freezing tray. Freeze until firm.

For a dish with super family appeal, peel and slice oranges, then dip the slices first in honey, then in toasted, shredded coconut. This treat can be served at breakfast, lunch, or as dessert garnished with a few maraschino cherries and pecan halves.

Golden Apricot Mousse

1 lg. can apricots
3/4 c. honey
Juice of 1 lemon
2 egg whites, stiffly beaten
1 1/2 c. cream, whipped

Drain apricots and put through a sieve. Add honey and lemon juice; mix well. Fold in egg whites and whipped cream. Pour into refrigerator tray and freeze without stirring until firm. Yield: 10-12 servings.

Honey Custard Ice Cream

4 egg yolks
Pinch of salt
2 c. water
2 c. whipping cream
1 c. honey

Beat the egg yolks until light. Add the salt and water. Cook over boiling water for 2 minutes, stirring constantly. Cool. Add cream and honey. Pour into freezer container. Freeze according to freezer instructions. Yield: 1 3/4 quarts.

Fast Honey Ice Cream

1 qt. half and half
3/4 c. honey

Pour half and half in mixing bowl. Add honey in a fine stream and mix well. Pour into freezer trays. Freeze until firm.

Coconut-Honey Freeze

1 env. unflavored gelatin
2 tbsp. cold water
3/4 c. honey, heated
2 eggs
3 c. half and half

Soften gelatin in cold water; add to honey, stirring to dissolve. Cool. Beat honey mixture, eggs and half and half for 2 minutes; pour into refrigerator trays. Freeze until firm. Turn mixture into a chilled bowl; beat until fluffy.

1 c. heavy cream, whipped
1/2 c. flaked coconut, toasted

Fold in whipped cream and coconut. Pour back into refrigerator trays. Freeze until firm. Yield: About 1 1/2 quarts.

Photograph for this recipe on opposite page.

Pineapple Party Mousse

1/2 c. honey
1/2 c. crushed pineapple, drained
1/2 c. chopped candied orange peel
1/2 c. chopped pecans
1 tsp. vanilla extract
2 egg whites
1 c. whipping cream, whipped

Heat honey to boiling point. Mix with pineapple and orange peel. Let cool. Add pecans and vanilla. Beat the egg whites until stiff. Fold all ingredients together. Pour into paper mousse cups or freezing trays. Freeze until firm.

Frozen Strawberry Dessert

2 pkg. cream cheese, softened
2 tbsp. honey
1 1/2 c. fresh strawberries, crushed
1/2 c. fresh pineapple, crushed or diced

Thoroughly blend cream cheese and honey. Add fruit and stir slightly. Pour into refrigerator trays. Freeze for 2 hours. Cut into squares or pile in parfait glasses. Top with honey meringue and garnish with strawberry or sweet cherry. Yield: 6 servings.

Strawberry-Yogurt Dessert

1 c. yogurt
2 c. fresh strawberries
1/4 c. honey
1/2 tsp. lemon juice

Place all ingredients in blender container; blend until smooth. Pour into refrigerator tray; freeze until firm around edges. Turn into a chilled bowl; beat until smooth. Return mixture to refrigerator tray; freeze until firm. Let stand at room temperature to soften before serving. Yield: 2 1/2 cups.

Banana-Sponge Cake Dessert

Ice cream
4 squares sponge cake
2 bananas, thinly sliced
1/3 c. crushed pineapple
1/3 c. honey, slightly warmed

Place generous serving of ice cream on each square of sponge cake. Mix bananas and pineapple together lightly. Spoon over ice cream. Pour warm honey over each serving.

Honey-Chocolate Ice Cream

3 eggs
1 1/2 c. honey
2 c. milk
2 sq. chocolate, melted
1/8 tsp. salt
1 tsp. vanilla
1 qt. whipping cream

Beat eggs until foamy. Add honey in a fine stream, mixing well. Add milk, melted chocolate, salt and vanilla. Cook over medium heat until thick, stirring constantly. Cool. Add cream. Pour into freezer container. Freeze according to freezer instructions.

Honey-Coconut Ice Cream

1 c. honey
1 env. unflavored gelatin
2 tbsp. cold water
2 eggs, beaten well
3 c. light cream
1 tsp. coconut extract
1/2 c. flaked or shredded coconut, toasted

Heat honey; do not boil. Soften gelatin in water. Add to honey, mixing well. Add eggs, cream and coconut extract; beat for about 2 minutes. Pour into refrigerator trays. Freeze until firm, but not hard. Turn mixture into chilled bowl and beat until fluffy. Pour back into refrigerator trays. Freeze until firm. Sprinkle toasted coconut over each serving.

Rich Honey Ice Cream

5 eggs, separated
2 3/4 c. honey
2 c. whipping cream
1 c. coffee cream
Dash of salt
2 tbsp. vanilla extract
1 qt. (about) milk

Beat egg whites until stiff but not dry. Continue beating while adding honey in a fine stream. Add well-beaten egg yolks, creams, salt and vanilla; mix well. Pour into freezer container. Add enough milk to fill according to freezer instructions. Freeze according to freezer instructions.

Grapefruit Sherbet

2 env. unflavored gelatin
1/3 c. cold water
3/4 c. boiling water
2 c. honey
4 c. unsweetened grapefruit juice
Juice of 1 lemon

Soften gelatin in cold water. Add boiling water and honey. Stir until gelatin is dissolved, then cool. Add fruit juices. Pour into freezer container. Freeze according to freezer instructions. Garnish with candied cherries or strips of candied orange peel.

French Vanilla Ice Cream

4 eggs
1 1/4 c. honey
1 pt. whipping cream
2 qt. half and half
1 tsp. vanilla extract
1/4 tsp. salt

Beat eggs until foamy. Continue beating while adding honey in a fine stream. Stir in remaining ingredients; mix thoroughly. Pour into container of ice cream freezer. Proceed according to directions for individual freezers. Add 1 cup fresh or frozen fruit, if desired.

Honey-Strawberry Ice

3 c. pureed fresh strawberries
3 tbsp. fresh lemon juice
Pinch of salt
1 1/4 c. honey
1 c. water
1 env. unflavored gelatin
1 egg white

Combine strawberries, lemon juice, salt and honey in a quart container; stir until thoroughly blended. Combine 2 tablespoons of the water and gelatin in a small saucepan; place over direct heat and stir constantly just until melted. Remove from heat and stir in remaining water gradually. Add gelatin-water mixture to strawberry mixture. Beat egg white until soft peaks form; fold into strawberry mixture. Pour into electric freezer container. Freeze according to freezer instructions for about 25 to 30 minutes. Volume will have doubled and mixture should be soft-frozen. Remove dasher. Cover freezer container with foil; replace top. Place several layers of brown paper or newspaper over top of freezer and weight down until time to serve. Any remaining Strawberry Ice may be stored in a tightly covered plastic container in refrigerator freezer.

Honey-Ice Cream Sundae

Honey
Vanilla or chocolate ice cream
Chopped nuts

Pour a generous stream of honey over each serving of ice cream. Sprinkle nuts on top. Serve immediately.

Pampered Ambrosia

1 1/2 c. Florida orange sections
1 1/2 c. Florida grapefruit sections
10 strawberries, cut in half
3 tbsp. shredded coconut
2 tbsp. honey

Combine all ingredients in crepe pan or skillet; mix gently. Cook over low heat for 3 to 5 minutes or until heated through, stirring constantly. Yield: 4 servings.

Photograph for this recipe on page 136.

Honey-Crust Apples

1/4 c. chopped dates
1 1/4 c. honey
1/4 c. chopped pecans
2 tsp. grated lemon peel
1/2 c. graham cracker crumbs
1 tsp. cinnamon
6 baking apples, cored
1/3 c. melted butter

Combine dates, 1/4 cup honey, pecans and lemon peel. Combine graham cracker crumbs and cinnamon. Peel the top third of each apple. Brush with a small amount of melted butter. Roll apples in cracker crumbs; place in a 10 x 6 x 2-inch baking dish. Spoon date mixture into center of each apple. Pour remaining butter and honey around and over apples. Bake in a 400-degree oven for 30 minutes or until done, spooning honey over apples every 10 minutes. Yield: 6 servings.

Baked Apples

Apples
Honey
Grated lemon rind
Nutmeg

Wash and core the apples, leaving part of the core in the bottom of the apples to act as a plug. Fill the cavity with honey. Add 1/4 teaspoon lemon rind per apple to the honey. Sprinkle each apple with nutmeg. Place apples in a casserole or baking dish; cover. Bake at 350 degrees for 30 to 40 minutes, then remove cover. Bake for 10 minutes longer or until apples are tender.

Honey Applesauce

4 lb. cooking apples
1/4 c. water
1 c. honey
1 tsp. allspice
1 tsp. nutmeg

Cut apples into quarters without peeling or coring and place in a large saucepan. Add water, then cover. Cook over medium low heat for 20 minutes or until apples are soft, stirring occasionally. Press apples through colander. Add honey and spices to applesauce; stir to blend. Yield: 6 cups.

Apple Dumplings With Honey Sauce

6 med. apples
2 c. sifted flour
1 1/2 tsp. baking powder
3/4 tsp. salt
1/2 c. shortening
1/3 c. milk
1 tbsp. butter
6 tbsp. honey
1 tbsp. lemon juice

Pare and core apples. Sift flour with baking powder and 1/2 teaspoon salt; cut in shortening. Add milk, mixing until soft dough is formed. Roll dough into 12 x 8-inch rectangle; cut into 6 squares. Place an apple in each square. Combine butter, honey, lemon juice and 1/4 teaspoon salt; blend well. Fill apple centers with mixture. Moisten edges of dough with cold water. Bring 4 corners of dough over top of apple; press edges firmly together. Place in greased 10 x 10 x 2-inch pan.

HONEY SAUCE

3/4 c. honey
2 tbsp. butter
2 tbsp. shortening
1/4 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg

Combine honey, butter, shortening and salt with 1 1/2 cups water. Bring to a boil; boil for 5 minutes. Pour over dumplings. Sprinkle with cinnamon and nutmeg. Bake at 400 degrees for 30 to 35 minutes. Yield: 6 servings.

Honey-Apple Betty

2 tbsp. butter or margarine
2 c. dry bread crumbs
1 tbsp. lemon juice
1/2 tsp. grated lemon rind
2 c. pared and sliced apples
1/4 c. honey
1/4 c. warm water
1/4 tsp. cinnamon
1/4 tsp. nutmeg

Melt butter and stir into bread crumbs. Combine lemon juice, lemon rind and apples. Mix honey and water together. Place a layer of crumbs in a greased baking dish and cover with a layer of apples. Moisten with the honey mixture; sprinkle with cinnamon and nutmeg. Repeat layers, ending with bread crumbs on top. Cover baking dish. Bake at 350 degrees for 30 to 35 minutes. Remove cover; bake until crumbs are well browned. Yield: 4 servings.

Crepes Tahiti

1/2 c. flour
2 eggs, well beaten
Dash of salt
Lemon juice
2 tbsp. melted butter
1/2 to 3/4 c. milk
1 8-oz. can crushed pineapple, drained
1/4 c. chopped pecans
Brandy
1 3-oz. package cream cheese, softened
1/2 c. sour cream
1/4 c. butter
1/4 c. honey
1 tbsp. orange juice
Curacao to taste

Combine flour, eggs, salt, 1 teaspoon lemon juice and melted butter. Add enough milk to make a thin batter. Let set for 30 minutes. Make thin crepes or pancakes, using a 6 or 7-inch crepe pan or skillet. Keep crepes warm while preparing filling and sauce. Mix pineapple, pecans and 1 ounce brandy together. Cream softened cream cheese and blend in sour cream. Add pecan mixture to creamed mixture, stirring until well blended. Melt butter in chafing dish or saute pan. Add honey, orange juice, 1/2 tablespoon lemon juice and Curacao. Place over low heat until sauce is bubbly. Fill each crepe with the filling and fold. Place in chafing dish in sauce. Baste crepes with sauce and flambe with 1/4 cup brandy.

Honey-Baked Pears

8 pear halves
1/4 c. lemon juice

Arrange pears in shallow buttered baking dish. Mix lemon juice and honey together; pour over

1/2 c. honey
1 tsp. cinnamon
2 tbsp. butter

the pears. Sprinkle with cinnamon and dot with butter. Bake in 350-degree oven until pears are tender. Serve hot with cream. Peaches may be substituted for pears.

Peaches Marjorie

1 1-lb. 13-oz. can peach halves, chilled
1/4 c. honey
Juice of 1 lime

Drain peaches and reserve syrup. Mix honey, lime juice and 1/4 cup peach syrup. Pour over peaches and serve. Yield: 5-7 servings.

Photograph for this recipe on opposite page.

Luau-Style Pineapple

1 lg. ripe pineapple
1/3 c. butter or margarine
1/3 c. honey
2 tbsp. lime juice
1/4 tsp. ground ginger

Remove leafy top of pineapple and reserve. Cut pineapple lengthwise into 8 wedges. Remove core of each wedge, then slash vertically 1 inch apart down to but not through the skin. Heat the butter in a small saucepan on a grill until melted. Stir in honey, lime juice and ginger. Brush cut surfaces of pineapple wedges with honey mixture. Place wedges on grill. Grill for 15 minutes, turning every 5 minutes and brushing with honey mixture. Line serving platter with lemon leaves; place reserved pineapple top in center. Arrange wedges on leaves. Serve hot with remaining honey mixture. Garnish with lime slices. Yield: 8 servings.

Yogurt Ambrosia

2 tbsp. honey
1 tbsp. lemon juice
2 oranges, peeled and sectioned
1 unpeeled red apple, diced
1 banana, sliced
1 unpeeled pear, diced
1 3 1/2-oz. can flaked coconut
1 c. yogurt

Combine honey and lemon juice in a bowl. Add oranges, apple, banana, pear and coconut. Toss gently to coat fruit. Chill. Add yogurt just before serving and toss. Serve immediately. Yield: 6-8 servings.

Honey over ice cream is delightful, but don't forget to drizzle a small amount of honey over custard or your favorite pudding, as well.

Wine Fruit Compote

1/4 c. honey
1/2 c. rose wine
1 tbsp. fresh lemon juice
1 1/2 c. cantaloupe balls or cubes
1 1/2 c. small fresh strawberries

Stir together first 3 ingredients; pour over the fruit. Chill for at least 1 hour. Serve in well-chilled sherbet or parfait glasses. Garnish with mint. Yield: 4-6 servings.

Grape Ambrosia

1/2 lb. green grapes
1/2 lb. Concord grapes
1/2 lb. red grapes
1 c. sour cream
1/2 c. honey
1/2 c. shredded coconut

Cut grapes in half; remove seeds. Place in individual cocktail dishes; top with sour cream. Drizzle honey over sour cream; sprinkle with coconut.

Hawaiian Ambrosia

1 pineapple
3 papayas
4 mangoes
6 bananas
1/2 c. light honey
1/2 c. kirsch

Peel and chop fruits. Combine fruits in large bowl. Pour in honey; mix lightly. Cover; refrigerate until ready to serve. Add kirsch just before serving. Yield: 8 servings.

Kirsch Kabobs

6 peach halves
3 lg. bananas
2 apples, peeled
1 fresh pineapple
2 grapefruit
1 c. unsweetened grapefruit juice
1/2 c. honey
2 tbsp. kirsch
1 tsp. finely chopped fresh mint

Cut peach halves in half. Cut bananas into 3-inch lengths. Cut apples in wedges. Peel and cube pineapple. Peel grapefruit; sever 2 sections at a time, leaving membrane between sections. Combine grapefruit juice, honey, kirsch and mint for marinade. Add fruits; let marinate at room temperature for at least 1 hour. Thread fruits alternately on bamboo skewers. Broil over hot coals for 5 minutes, basting with marinade. Yield: 6 servings.

Melon Boat Ambrosia

1 cantaloupe
1 honeydew melon
Green seedless grapes
2 tbsp. honey
1 sm. can pineapple chunks, drained
Dash of lemon juice
Salt to taste

Cut melons in half lengthwise; remove seeds. Scoop out balls with melon scoop. Combine melon balls, grapes, honey, pineapple, lemon juice and salt; toss lightly. Serve in scooped out melon rinds. Sprinkle with grated coconut, if desired. Yield: 12 servings.

Banana-Nut Ambrosia

2 bananas, sliced crosswise
4 maraschino cherries, halved
1/4 c. mayonnaise
2 tbsp. honey
1 tbsp. pineapple juice
1/4 c. chopped nuts
1/4 c. shredded coconut

Arrange sliced bananas and cherries on serving dishes. Mix mayonnaise, honey and pineapple juice well. Spoon over fruit. Sprinkle nuts and coconut on top. Yield: 4 servings.

Figs With Honey And Cream

1 qt. fresh figs, stems removed
1 pt. white wine
1/3 c. honey
1 pt. heavy cream

Place figs in a saucepan. Mix the wine and honey; pour over figs. Bring to a boil and reduce heat. Simmer for 5 minutes and chill. Serve with cream. Yield: 4-6 servings.

Fruit-Filled Oranges

Large oranges
Diced bananas
Diced plums
Mint sprigs
1/2 c. jellied cranberry sauce
1/4 c. honey
1 tsp. lemon juice

Slice tops from oranges; remove orange sections, keeping shells whole. Combine orange sections, bananas and plums; fill orange shells with fruit mixture. Garnish with mint. Beat cranberry sauce until smooth; stir in honey and lemon juice. Serve over fruit mixture.

Persian Peaches

4 c. sliced peaches
1/2 c. orange juice
3 tbsp. honey
2 tbsp. finely chopped candied ginger

Combine all ingredients; blend gently. Cover; chill well. Spoon into chilled sherbet dishes.

Rhubarb And Peach Cobbler

1 lb. frozen rhubarb, thawed
1 10-oz. package frozen sliced peaches or strawberries, thawed
1 1/2 tbsp. tapioca
2/3 c. honey
1 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/3 c. butter or margarine
1/4 c. milk

Drain rhubarb and peaches, reserving juices. Combine juices with tapioca in saucepan; bring to a boil, stirring constantly. Add honey; remove from heat. Stir rhubarb and peaches into thickened juice. Pour into a 2-quart baking dish. Sift flour, baking powder, salt and nutmeg together. Cut in butter. Add milk gradually, stirring until a soft dough is formed. Turn out onto a lightly floured board and knead for 10 seconds or until easy to handle. Pat or roll dough to fit top of baking dish. Cut several slits in center to permit escape of steam. Bake at 400 degrees for 30 minutes. Serve hot or cold with honey-sweetened whipped cream.

Honey-Apple Pie

1 recipe pastry for 2-crust pie
6 pared apples, sliced thin
1/2 tsp. cinnamon
1 tbsp. butter
1/2 c. (or more) honey
2 tbsp. lemon juice

Line pie pan with pastry. Arrange apple slices on pastry; sprinkle cinnamon on top. Dot with butter. Cover with top crust; press together at edges. Cut several vents to allow steam to escape. Bake in 450-degree oven for 10 minutes. Reduce oven temperature to 350 degrees; bake for 25 to 30 minutes longer or until crust is slightly browned and the apples are tender. Remove from oven. Mix honey with lemon juice; pour through the vents in top crust. The apples will absorb the honey.

Blackberry-Peach Pie

2 c. sifted flour
Salt

Sift flour with 1 teaspoon salt into mixing bowl. Cut the lard into flour and salt with

1/2 c. pure lard
3 to 5 tbsp. cold water
1/2 c. honey
2 tbsp. tapioca
1 tsp. lemon juice
1/4 tsp. almond extract
1 pt. blackberries
2 c. sliced peaches
1 tbsp. butter

pastry blender or fork until mixture is consistency of cornmeal. Sprinkle water over mixture. Blend lightly with spatula or fork. Use as little water as possible. Press in waxed paper to form into a ball. Knead 3 times. Cover. Let stand at room temperature for 15 minutes before rolling out. Combine honey, tapioca, lemon juice, almond extract and 1/8 teaspoon salt. Combine blackberries and peaches. Pour honey mixture over fruit. Divide pie dough in half. Lightly flour pastry cloth or board and covered rolling pin. Roll out dough 1/8 inch thick for bottom crust. Fill pastry-lined pan with blackberry-peach filling. Dot with butter. Roll out remaining dough and cut slits in top crust to allow the escape of steam. Cover fruit with top crust. Trim edge. Fold top crust under bottom crust at edge. Flute and seal by pressing the two crusts together. Bake in a 425-degree oven for 35 to 40 minutes.

Photograph for this recipe above.

Cherry-Honey Pie

Pastry for 2-crust pie
2 c. pitted cherries
3 tbsp. quick-cooking tapioca
3/4 c. honey
1 tsp. butter

Line 9-inch pie pan with pastry. Combine cherries, tapioca and honey; mix well. Pour into pie shell; dot with butter. Cover with lattice top crust. Bake in 450-degree oven for 10 minutes. Reduce oven temperature to 350 degrees; bake for about 10 minutes longer or until done.

Honey-Chocolate Pie

1 c. sifted flour
1/2 tsp. salt
1/4 c. shortening
3 tbsp. butter
3 tbsp. cold milk

Sift together flour and salt into mixing bowl; cut in shortening and butter. Sprinkle in milk, stirring with fork until dough clings together. Roll out on floured surface; fit loosely into 9-inch pie pan. Flute edge; prick shell with fork. Bake in 400 to 450-degree oven for 10 minutes. Cool crust.

CHOCOLATE FILLING

1 c. semisweet chocolate chips
2 eggs, separated
1/2 c. sour cream
1/4 tsp. salt
1/3 c. honey

Melt chocolate chips in top of double boiler over boiling water. Stir a small amount of chocolate into beaten egg yolks; stir egg yolks into chocolate. Cook and stir until mixture leaves side of pan. Remove from heat. Blend in sour cream and beat until smooth. Set aside. Beat egg whites and salt until stiff but not dry. Add honey in a fine stream, beating constantly; continue beating until stiff glossy peaks form. Fold in chocolate mixture. Spoon into pie shell. Chill for at least 2 hours. Top with whipped cream.

Honey-Coconut Chiffon Pie

1 c. flaked coconut
3 eggs, separated
1 c. water
Honey
1 pkg. lemon gelatin

Spread coconut out thinly in a shallow baking pan. Place in 350-degree oven, until toasted delicately brown, stirring often. Combine slightly beaten egg yolks, water and 1/4 cup honey in top of double boiler; mix well. Cook

3 tbsp. lemon juice
1 1/2 tsp. grated lemon rind
Dash of salt
1 baked 9-in. pie shell

over boiling water for 5 minutes or until thickened, stirring constantly. Remove from heat. Add gelatin, lemon juice and lemon rind. Stir until slightly thickened. Combine egg whites, salt and 2 tablespoons honey; beat until stiff peaks form. Fold in gelatin mixture and 1/2 cup toasted coconut. Turn into pie shell; sprinkle with remaining coconut. Chill until firm.

Lemon-Honey Chiffon Pie

1 tbsp. unflavored gelatin
1/4 c. cold water
4 eggs, separated
3/4 c. honey
1/2 tsp. salt
1/2 c. lemon juice
1 tsp. grated lemon rind
1 baked pie shell
1 c. heavy cream

Soften gelatin in the cold water. Combine slightly beaten egg yolks, 1/4 cup honey, salt, lemon juice and lemon rind in the top of a double boiler. Place over boiling water; cook until of custard consistency, stirring constantly. Add softened gelatin; stir to dissolve. Remove from heat and cool until mixture begins to thicken. Beat 3 egg whites until stiff. Continue beating while adding 1/4 cup honey in a fine stream. Fold into the custard mixture; turn into baked pie shell. Chill until firm. Beat the remaining egg white until stiff and gradually beat in 2 tablespoons honey. Whip the cream until stiff, gradually adding the remaining honey. Combine with the sweetened egg whites; spread on pie just before serving.

Fried Peach Pies

1 1-lb. can sliced peaches
3 tbsp. honey
2 tbsp. butter
1 tsp. grated lemon peel
1 tsp. lemon juice
1/4 tsp. cinnamon
1 pkg. refrigerator biscuits

Drain peaches thoroughly. Combine peaches, honey, butter, lemon peel, lemon juice and cinnamon in saucepan. Cook over medium heat for 15 minutes or until thick and glossy, stirring frequently. Separate biscuits; roll each to an oval shape 5 inches long. Place a rounded tablespoon of filling on each biscuit just off center, lengthwise. Fold dough over; seal edges with tines of fork. Fry in deep fat at 375 degrees for 1 minute, turning once. Drain well. Yield: 10 servings.

Easy Peach Pie

Pastry for 2-crust pie
Fresh peaches, sliced
1 tbsp. quick-cooking tapioca
1/2 c. honey

Line pie pan with pastry. Fill pie shell with sliced fresh peaches. Sprinkle with tapioca; pour honey over peaches. Cover peaches with strips of pastry. Bake in 425-degree oven for 10 minutes. Reduce oven temperature to 350 degrees; bake for 30 minutes longer.

Modern Pecan Pie

1 c. honey
1 3 3/4-oz. package vanilla instant pudding mix
3/4 c. evaporated milk
1/4 tsp. salt
2 eggs, slightly beaten
1 c. coarsely broken pecans
1 unbaked 9-in. pie shell

Pour honey into mix in a fine stream, blending well. Add milk, salt and eggs gradually; stir until well blended. Fold in pecans. Pour into pie shell. Bake at 375 degrees for about 55 minutes or until knife inserted in center comes out clean. Yield: 8 servings.

Honey-Pecan Pie

3 eggs
1 c. honey
1 tsp. vanilla extract
1 tbsp. melted butter, cooled
1/4 tsp. salt
1 c. coarsely chopped pecans
1 unbaked pie shell, chilled

Beat eggs until foamy. Continue beating while adding honey in a fine stream. Beat in vanilla, butter and salt. Add pecans. Pour into pie shell. Bake in a 400-degree oven for the first 10 minutes. Reduce oven temperature to 300 degrees; bake for 20 minutes longer. Reduce oven temperature to 250 degrees; bake for 10 minutes longer or until filling is firm.

Holiday Pumpkin Pie

2 eggs
1/2 c. honey
1 1/2 c. pumpkin
1/2 tsp. cinnamon

Beat eggs until foamy. Continue beating while adding honey in a fine stream. Add pumpkin, cinnamon, vanilla and salt; mix well. Stir in milk; pour into pie shell. Bake in preheated

1/2 tsp. vanilla extract
1/2 tsp. salt
1 c. evaporated milk
1 unbaked pie shell

425-degree oven for 10 minutes. Reduce oven temperature to 350 degrees; bake for 35 minutes longer or until center is firm.

Blender Pumpkin Pie

1 c. pumpkin
1/2 c. honey
2 eggs
1 c. evaporated milk
1 tsp. pumpkin pie spice
2 tbsp. flour
1 unbaked pie crust

Place first 6 ingredients in a blender container; blend to mix well. Pour into pie crust. Bake at 425 degrees for 10 minutes. Reduce oven temperature to 350 degrees; bake for 40 minutes longer or until firm in the center.

Spicy Pumpkin Pie

3/4 c. nonfat dry milk powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. mace
1/4 tsp. cloves
1/2 tsp. ginger
2 eggs
3/4 c. honey
1 1/2 c. cooked pumpkin
2 tbsp. melted butter
1 1/2 c. water
1 unbaked 9-in. pie shell

Sift dry ingredients together. Beat eggs until foamy. Continue beating while adding honey in a fine stream. Add pumpkin and sifted ingredients; mix well. Stir in butter and water; pour into pie shell. Bake for 15 minutes in a 425-degree oven. Reduce oven temperature to 350 degrees; bake for 40 minutes longer or until firm.

Honey-Raisin Pie

1 1/2 c. raisins
1/4 c. cornstarch
3/4 c. cold water
1 tbsp. grated orange rind
1 c. orange juice
1/4 c. lemon juice
3/4 c. honey
2 tbsp. butter
1/2 tsp. salt
Pastry for 2-crust 9-in. pie

Rinse and drain raisins. Moisten cornstarch with water. Combine raisins, cornstarch mixture, orange rind, orange juice, lemon juice, honey, butter and salt in saucepan, stirring until well blended. Bring to a boil; cook for 3 or 4 minutes or until mixture thickens, stirring constantly. Pour into pie shell. Cover with top crust. Bake at 425 degrees for 30 to 35 minutes. Cool before serving.

Rhubarb Crumble Pie

2 eggs, well beaten
Flour
Pinch of salt
1 1/4 c. honey
1 tsp. grated orange rind
3 1/2 c. diced rhubarb
1 unbaked 9-in. pie shell
1/2 c. butter

Combine well-beaten eggs with 2 tablespoons flour and salt. Add 1 cup honey in a fine stream, beating constantly; stir in grated orange rind. Place rhubarb in pie shell; pour honey mixture over rhubarb. Cream butter and remaining 1/4 cup honey. Cut in 1 cup flour until mixture is crumbly. Sprinkle over filling to cover. Bake in 375-degree oven for 45 minutes.

Honey-Cherry Tea Tarts

1 recipe pie pastry
1 can pitted tart red cherries, drained
Honey

Roll out and cut pastry with cookie cutter to fit tassie pans. Line tassie cups with pastry. Fill each with 4 or 5 cherries; cover cherries with honey. Bake in 300-degree oven for about 25 minutes.

Honey Mousse Tarts

2 eggs, separated
3/4 c. honey
Dash of salt
1 c. whipping cream, whipped
4 fresh peaches, peeled and sliced
8 5-in. baked tart shells
1/4 c. chopped nuts

Beat egg yolks lightly in top of double boiler. Heat honey in small saucepan. Stir hot honey slowly into egg yolks, stirring constantly. Place pan over simmering water. Cook, stirring constantly, for about 10 minutes or until candy thermometer registers 185 degrees. Cool mixture over a bowl of ice, stirring occasionally. Beat egg whites with salt until stiff but not dry. Fold whipped cream and beaten egg whites into cooled honey mixture. Arrange 3/4 of the peach slices in tart shells. Pour mousse on top. Freeze for 1 hour or until consistency of soft ice cream. Garnish with remaining peach slices and nuts. Yield: 8 tarts.

Honey-Pecan Pastries

1 recipe pie pastry
1 c. honey
1 c. finely chopped pecans
1 c. finely chopped raisins

Cut pastry into 2-inch squares. Combine remaining ingredients; mix until well blended. Place a spoonful of filling in center of each pastry square. Draw four corners to the center to cover filling and press all edges together to

Juice of 1 lemon
1/4 c. dry bread crumbs

seal. Place on baking sheet. Bake in 350-degree oven for 25 minutes.

Cheese Tea Pastries

2 c. flour
1/4 tsp. baking powder
1 tsp. salt
1/4 c. cold shortening
1/4 c. butter
2 tbsp. honey
1 c. moist cottage cheese

Sift dry ingredients together. Cut in shortening and butter until mixture resembles cornmeal. Add honey to cottage cheese; mix well. Add to flour; mix lightly to make a smooth dough. Roll out thin on lightly floured pastry board. Cut into desired shapes. Place on cookie sheet. Bake at 325 degrees for 10 to 15 minutes or until lightly browned. Cool on wire rack. Yield: 36 pastries.

Carrot Nut Torte

6 eggs, separated
1/2 c. plus 2 tbsp. honey
1 c. grated carrots
1 c. broken walnuts
1/2 c. whole wheat flour
1/4 c. soy flour
2 tbsp. rice flour
2 tbsp. wheat germ
1 tsp. cinnamon

Beat egg yolks until foamy. Continue beating while adding honey in a fine stream. Add carrots, walnuts, flours, wheat germ and cinnamon. Beat egg whites until stiff. Fold into mixture. Pour into 8-inch square glass pan. Bake at 350 degrees for 45 minutes. May also be made as cupcakes.

Strawberry Whipped Cream Pie

1 1/3 c. sifted all-purpose flour
1/2 tsp. salt
1 tbsp. poppy seed
1/2 c. shortening
3 tbsp. water
2 pt. fresh strawberries
2 c. honey-sweetened whipped cream
2 to 3 tbsp. honey
Slivered toasted almonds

Combine flour, salt and poppy seed in a bowl. Cut in shortening until uniform but coarse. Sprinkle with water; toss with a fork and press into a ball. Roll out pastry on a lightly floured surface to 1 1/2 inches larger than inverted 9-inch pie plate. Fit into plate and trim 1 inch beyond edge. Fold under and press together to make a rim; flute. Prick side and bottom. Bake in a 425-degree oven for 12 to 15 minutes or until lightly browned. Cool. Slice 1 pint of the strawberries and fold into whipped cream. Turn into pie shell and spread evenly. Halve remaining strawberries and arrange, cut side down, on whipped cream filling. Drizzle honey over the strawberries and sprinkle with almonds.

Photograph for this recipe on page 122.

Beverages

Honey beverages are a limitless source of creative delight for the homemaker-hostess, and a favorite taste treat for her family and guests, as well. Because it is such a perfect refresher, honey is one of the best ingredients a cook can choose to enhance the beverage recipes she chooses for her family. It is a natural with refreshing drinks such as milk, tea, and fruit juices, and while the liquids please a dry palate, the honey pampers it!

Whether the occasion calls for a beverage that is hearty and hot, or creamy and cool, or fruity and frozen, honey will fit right in. Its flavor complements spices, adds body to the flavor of fruit juices, and depth to chocolate drinks, while its smooth sweetness softens the taste of tart juices, tea, and coffee. Honey ice cubes are cool and delightful additions to iced tea and fruit punch: blend 1/2 cup honey with 2 cups very hot water and 2 tablespoons lemon juice; freeze at once. Keep an ample supply on hand for unexpected treats.

Start stirring honey into all your special beverage recipes, including those for coffee, tea, iced drinks, and milk. You'll soon find that honey is the sweetener that is the most satisfying and delicious. Before you know it, you and your family will be creating occasions just to enjoy a new and different honey beverage!

Apple Eggnog

5 eggs, well beaten
2/3 c. honey
1 46-oz. can apple juice

Beat eggs well; blend with honey and juice. Chill well before serving. Yield: 15-20 servings.

Old Family Eggnog

6 eggs, beaten well
6 tbsp. honey
2 c. milk
4 oz. brandy

Beat eggs and honey at high speed with electric mixer until light; add milk and brandy. Beat at low speed until mixed. Pour into container. Cover. Refrigerate overnight. Yield: 6 servings.

Honey Eggnog

4 eggs, separated
3 c. milk
4 tbsp. honey
Nutmeg

Beat egg yolks until lemon colored. Add milk and honey slowly. Beat egg whites until stiff. Stir into milk mixture. Pour into glasses; top with pinch of nutmeg. Serve at once. Float 1 spoonful of ice cream on top of each serving for additional flavor variation.

Photograph for this recipe on page 133.

Mocha Hot Chocolate

2 sq. unsweetened chocolate
1 c. water
1/3 to 1/2 c. honey
1/4 tsp. salt
2 tsp. instant coffee powder
3 c. milk
1 tsp. vanilla

Place chocolate, water, honey and salt in medium saucepan. Bring to a boil, stirring until chocolate is melted. Continue boiling, stirring frequently, for 3 minutes. Add coffee powder and milk. Heat until very hot but do not allow to boil. Stir in vanilla. Top with whipped cream and chocolate sprinkles. Yield: 4-6 servings.

Photograph for this recipe on page 174.

Banana-Peanut Cooler

1 c. cold milk
1 ripe banana, sliced
2 tbsp. creamy peanut butter
1 tbsp. honey
2 tbsp. wheat germ (opt.)

Combine all ingredients well in blender or with mixer. Garnish with additional banana slices rolled in chopped peanuts, if desired. Serve immediately. Provides 37% of daily protein requirement. Yield: About 1 3/4 cups.

Fruit And Honey Nectar

3 bananas
1/3 c. orange juice
6 tbsp. honey
Pinch of salt
1/4 tsp. almond flavoring
1 qt. cold milk

Place bananas in blender. Add orange juice, honey, salt and almond flavoring. Blend well. Add cold milk and blend quickly when ready to serve. Garnish with whipped cream. Yield: 6 servings.

Banana Health Shake

1 ripe banana
1 tbsp. dried skim milk
1 tbsp. brewer's yeast
1 tbsp. honey
1 c. milk

Mix all ingredients thoroughly in a blender until smooth and creamy. Serve cold.

Honey-Ade Milk Shake

6 tbsp. honey
1 6-oz. can frozen lemonade or limeade concentrate, thawed and undiluted
3 c. very cold milk

Combine honey and lemonade concentrate. Add milk gradually. Shake, blend or beat with rotary beater to mix well. Serve immediately. Yield: 1 quart or 4 servings.

Peach Mousse Milk Shake

2 eggs, separated
3/4 c. mild honey
Dash of salt
1 c. whipping cream, whipped
1 c. milk
1 fresh peach, peeled and sliced
Assorted fresh fruits to taste

Beat egg yolks lightly in top of double boiler. Heat honey in small saucepan. Stir hot honey slowly into egg yolks. Place pan over simmering water. Cook, stirring constantly, until slightly thickened, about 10 minutes or until candy thermometer registers 185 degrees. Cool mixture over a bowl of ice, stirring occasionally. Beat egg whites with salt until stiff but not dry. Fold whipped cream and beaten egg whites into cooled honey mixture. Pour mousse into bowl. Freeze at least 1 hour. Whirl milk with 2 scoops frozen honey mousse in blender. Add peach slices; whirl a few seconds longer. Pour into stemmed dessert glasses over assorted fruits. Yield: 2 drinks.

Avocado-Yogurt Shake

1/2 unpeeled apple, cored
1 8-oz. carton lemon-flavored yogurt
1/2 ripe avocado, peeled
1/4 c. milk
1/4 c. honey

Cut apple into wedges. Combine all ingredients in blender container. Blend on low speed until smooth. Yield: 2 one-cup servings.

Photograph for this recipe on page 34.

Pineapple Health Shake

1/4 c. powdered skim milk
1 tsp. honey
1 glass unsweetened pineapple, grape, apricot or apple juice

Place all ingredients in a blender. Mix until frothy. Serve cold. Add 1 teaspoon brewer's yeast and 1 tablespoon protein powder for added nutritional benefit.

Picnic Lemonade For Large Groups

1 qt. lemon juice
1 qt. honey
2 1/2 gal. water

Combine lemon juice, honey and water; mix well. Chill until cold. Yield: 75 servings.

Always-Ready Lemonade

1 c. lemon juice
1/2 c. honey

Mix lemon juice and honey well. Store in refrigerator in tightly covered jar. Add 1 cup ice water to each 1/4 cup of sweetened lemon juice, and there is lemonade as quick as can be.

Tropical Cooler

3 c. instant nonfat dry milk crystals
1 1/2 c. orange juice
1 18-oz. can unsweetened pineapple juice

Stir instant milk crystals into orange juice. Combine with pineapple juice, mashed bananas, cherry juice, water and honey. Force through food mill or blend in electric blender. Pour into 8 tall glasses. Arrange banana slices

1 c. mashed bananas
1/3 c. maraschino cherry juice
1 1/4 c. water
2 tbsp. honey
2 med. bananas, sliced
3/4 c. red maraschino cherries

and cherries on 8 long wooden skewers for garnish. Yield: 8 servings.

Photograph for this recipe below.

Lemonade For A Crowd

5 lb. mildly flavored honey
1 1/2 qt. hot water
2 qt. lemon juice
2 1/2 gal. cold water

Dissolve honey in hot water. Cool. Add lemon juice. Pour into cold water. Pour over ice. Yield: 5 gallons.

Honey Fruit Punch

1 qt. boiling water
1 1/4 tsp. black tea
5 whole cloves
1 c. orange juice
1 qt. lime juice
1/2 c. lemon juice
1/2 c. honey
1 c. cold water

Pour boiling water over tea and cloves. Let steep for 5 minutes. Combine tea with remaining ingredients. Pour over ice to chill. Garnish with an orange slice, red cherries or mint leaves. Yield: 24 servings.

Lavender Fruit Punch

1/4 c. lemon juice
2 c. water
4 tbsp. honey
1 c. orange juice
2 c. grape juice

Combine all ingredients. Mix thoroughly. Chill. Serve cold. Yield: 6 servings.

Refreshing Party Drink

1 qt. currants
1 c. honey
1 sm. stick cinnamon
Juice of 5 oranges
Juice of 3 lemons

Wash currants. Place all but 1/4 cup currants in a large saucepan. Cover with water. Simmer gently for 10 minutes. Strain. If a clear juice is desired, do not press the pulp. Combine 1 pint water, honey and cinnamon; boil for 5 minutes. Remove the cinnamon stick. Combine the orange and lemon juices with the currant juice and the spiced syrup. Dilute to taste. Fresh pineapple or cranberry juice may be used. Serve hot or cold.

Christmas Punch

1 c. honey
2 c. strong hot tea
2 1/2 c. orange juice
1 c. lemon juice
8 7-oz. bottles lemon-lime beverage, Seven-Up or grapefruit soda
1 8-oz. jar maraschino cherries with juice

Stir honey into hot tea until well blended. Cool and chill. Chill fruit juices and beverage. Pour 2 bottles lemon-lime beverage into ice cube trays. Place 1/2 cherry in each cube. Combine tea and honey mixture with juices at serving time; add cherry juice. Slowly pour in lemon-lime beverage. Add cubes. Add 1 pint dark rum, if desired. Yield: 25 servings.

Hurry-Hurry Breakfast Drink

1/2 c. chilled orange juice
1 tbsp. honey or to taste
1 egg yolk
1 tsp. lemon juice

Blend all ingredients well. Serve at once.

Ruby Red Punch

1/2 c. honey
3 c. very hot water
1 6-oz. can frozen lemonade
1 c. apple juice
1 1-pt. bottle cranberry juice cocktail

Blend honey into hot water. Let stand until cool. Mix with remaining ingredients. Chill and pour into punch bowl. Garnish with frozen fruit ice cubes. Yield: 16 punch-glass servings.

Honey-Grape Drink

2/3 c. grape juice
1 tbsp. honey
Juice of 1 lime
1 egg white
Ice cubes
Club soda

Combine grape juice, honey and lime juice in a bowl. Beat egg white until stiff, but not dry. Add beaten egg white, a little at a time, to fruit juices, beating well with a wire whisk after each addition. Pour over ice cubes into 2 tall glasses. Fill glasses with soda. Garnish with lime peel. Yield: 2 servings.

Honey Valentine Punch

2 c. cranberries
3 c. water
1/2 c. honey
1/4 c. lemon juice

Cook cranberries in water until skins pop. Strain through cheesecloth. Cook cranberry juice with honey for about 2 minutes. Chill. Add lemon juice to taste. Yield: 4 servings.

Honey Minted Iced Tea

1/3 c. loose tea or 15 tea bags
2 c. orange juice
1 orange, cut in half and thinly sliced
8 to 10 sprigs mint
1 c. honey

Bring 1 quart water to a full rolling boil in a saucepan. Remove from heat. While water is still bubbling, add the tea all at once. Steep for 5 minutes. Stir and strain into container holding 1 quart cold water. Cool at room temperature. Add remaining ingredients. Pour into ice-filled glasses. Yield: 10-12 servings.

Russian Tea

1 1 1/4-oz. box stick cinnamon
1 1 1/4-oz. box whole cloves
3/4 c. honey
Grated rind of 1 orange
Grated rind of 1 lemon
1/3 c. black tea
5 qt. boiling water
Juice of 6 lemons
Juice of 3 oranges

Cook spices, honey and grated rinds in 2 cups water for 10 minutes. Let stand for 1 hour. Strain. Steep tea in 5 quarts boiling water for 1 minute. Then add fruit juices and spice mixture. Serve hot. Yield: 45 cups.

Far East Spiced Tea

1 gal. boiling water
2 sticks cinnamon
3 cloves
3 sm. tea bags
1 c. honey
1 sm. can frozen orange juice
1 sm. can frozen lemon juice

Combine the water, cinnamon, cloves and tea bags in a kettle and boil for 2 minutes. Remove from heat. Add the honey and stir until dissolved. Strain. Add fruit juices and bring to a boil, stirring occasionally. Serve.

Honey-Spiced Hot Tea

1 1-in. stick cinnamon
1/2 tsp. allspice
1/2 tsp. cloves
6 c. water
2 tsp. black tea leaves
3 tsp. lemon juice
1/2 c. honey

Add spices to water and simmer for 10 minutes. Pour this slowly through tea leaves. Strain carefully. Add lemon juice and honey. Serve hot. Yield: 6 cups.

Double Tang Lemonade

Juice of 1 lemon
2 to 3 tbsp. honey
1 c. cold water
Lemonade ice cubes

Combine lemon juice and honey. Stir to dissolve. Add water and pour over ice cubes in tall glasses.

Photograph for this recipe below.

Turkish Coffee

3/4 c. instant coffee
1/3 c. honey
4 c. boiling water
5 cardamom seed, crushed

Dissolve coffee and honey in the boiling water. Add cardamom seed and let stand for 15 minutes. Strain and heat again just to boiling point. Serve in demitasse cups. Yield: 8 servings.

Honey Cocoa

4 tsp. cocoa or carob
4 to 5 tsp. honey
Few grains of salt
1/3 c. hot water
1 1/3 c. milk
Marshmallows (opt.)

Mix the cocoa, honey, salt and hot water in a saucepan. Cook, stirring constantly, until the mixture boils. Continue to cook for about 2 minutes. Place saucepan over hot water. Stir in the milk; heat thoroughly. Pour into cups. Top with a marshmallow. Yield: 2 servings.

Savannah's Hot Punch

1 qt. old sherry
1 qt. water
Whole cloves to taste
Cinnamon sticks to taste
Allspice to taste
Salt to taste
2 c. (about) honey

Mix sherry and water. Add spices and salt to taste. Add honey. Boil very slowly for 2 hours. Allow mixture to stand for 24 hours. Strain. Reheat and serve hot.

Honey Nog Punch Bowl

3 eggs
5 tbsp. honey
Salt
1 pt. milk
Cinnamon
Nutmeg

Beat 1 whole egg and 2 egg yolks slightly. Add 3 tablespoons honey and pinch of salt. Blend thoroughly. Add milk. Chill for several hours or overnight. Add 1/8 teaspoon salt to 2 egg whites and beat to a stiff foam. Add 2 tablespoons honey gradually and beat until stiff. Blend or fold into eggnog, leaving the surface fluffy with meringue. Dust with cinnamon and nutmeg. Yield: 12 punch cups.

Hot Honey Punch

3/4 c. honey
1 1/2 c. water
1/4 tsp. salt
6 cloves
1 or 2 inches stick cinnamon
1 No. 2 can pineapple juice
Juice of 2 lemons
2 c. strong hot tea
2 seedless oranges, thinly sliced

Combine honey, water, salt, cloves and stick cinnamon. Simmer for 5 minutes. Strain. Add the juices and tea. Bring to a boil. Add the sliced oranges. Yield: 10 cups.

Honey Mint Syrup

1/4 c. honey
2 tbsp. lemon juice
1 tsp. mint extract or mint leaves to taste

Combine honey and lemon juice. Add mint. Store in refrigerator. Use in lemonade and fruit punches. Add 1/3 tablespoon Honey Mint Syrup to lemonade or punch for each serving.

Honey-Grape Swizzler

3/4 c. Concord grape juice
1/2 tsp. honey
1/2 tbsp. lemon juice
1/2 tbsp. ground ginger
1 cinnamon stick
2 whole cloves
3 tbsp. dark rum (opt.)

Combine grape juice, honey, lemon juice, ginger, cinnamon stick and cloves in saucepan or chafing dish. Heat until hot. Stir in rum. Pour into heatproof mugs. Serve hot with additional cinnamon sticks as swizzle. Garnish with orange slices studded with whole cloves. Yield: 1 serving.

Honey Ice Cubes

1/2 c. honey
2 tbsp. lemon juice
2 c. very hot water

Blend honey, lemon juice and hot water; mix well. Pour into ice trays. Freeze. Serve in iced tea or punch.

NUTRITION LABELING

Modern Americans have become very diet and nutrition conscious and in response, commercial food producers have begun to include nutrition information or the labels of their products. Because there are so many persons on special diets who *must* know the specifics of the food they eat, Nutrition Labeling is an invaluable service. However, whether the homemaker cooks for a special diet or not, the foods she buys helps her to know the part they play in her overall nutrition and menu planning.

The United States Food and Drug Administration has determined how much of every key nutrient is needed by the average healthy adult. This information is tabulated and well known as the Recommended Daily Dietary Allowance (RDA). The United States RDA lists the highest amounts of nutrients for all ages and sexes. Pregnant women, nursing mothers, as well as persons with special dietary needs should consult their doctor for any recommended increases or decreases of the Recommended Daily Dietary Allowance of nutrients in their diet.

UNITED STATES RECOMMENDED DAILY ALLOWANCE CHART

Protein	45-65 Grams
Carbohydrates	125 Grams
Vitamin A	5,000 International Units
Thiamine (Vitamin B_1)	1.5 Milligrams
Riboflavin (Vitamin B_2)	1.7 Milligrams
Vitamin B_6	2 Milligrams
Vitamin B_{12}	6 Micrograms
Folic Acid (B Vitamin)	0.4 Milligrams
Pantothenic Acid (B Vitamin)	10 Milligrams
Vitamin C (Ascorbic Acid)	55-60 Milligrams
Vitamin D	400 International Units
Vitamin E	30 International Units
Iron	18 Milligrams
Calcium	1 Gram
Niacin (Nicotinic Acid)	13-20 Milligrams
Magnesium	400 Milligrams
Zinc	15 Milligrams
Copper	2 Milligrams
Phosphorus	1 Gram
Iodine	150 Micrograms
Biotin (Vitamin H)	0.3 Milligrams

IMPORTANT NUTRIENTS YOUR DIET REQUIRES

PROTEIN

Why? Absolutely essential in building, repairing and renewing of all body tissue. Helps body resist infection. Builds enzymes and hormones, helps form and maintain body fluids.

Where? Milk, eggs, lean meats, poultry, fish, soybeans, peanuts, dried peas and beans, grains and cereals.

CARBOHYDRATES

Why? Provide needed energy for bodily functions, provide warmth, as well as fuel for brain and nerve tissues. Lack of carbohydrates will cause body to use protein for energy rather than for repair and building.

Where? Sugars: sugar, table syrups, jellies and jams, etc., as well as dried and fresh fruits. Starches: cereals, pasta, rice, corn, dried beans and peas, potatoes, stem and leafy vegetables, and milk.

FATS

Why? Essential in the use of fat soluble vitamins (A, D, E, K), and fatty acids. Have more than twice the concentrated energy than equal amounts of carbohydrate for body energy and warmth.

Where? Margarine, butter, cooking oil, mayonnaise, vegetable shortening, milk, cream, ice cream, cheese, meat, fish, eggs, poultry, chocolate, coconut, nuts.

VITAMIN A

Why? Needed for healthy skin and hair, as well as for healthy, infection-resistant mucous membranes.

Where? Dark green, leafy and yellow vegetables, liver. Deep yellow fruits, such as apricots and cantaloupe. Milk, cheese, eggs, as well as fortified margarine and butter.

THIAMINE (VITAMIN B_1)

Why? Aids in the release of energy of foods, as well as in normal appetite and digestion. Promotes healthy nervous system.

Where? Pork, liver, kidney. Dried peas and beans. Whole grain and enriched breads and cereals.

RIBOFLAVIN (VITAMIN B_2)

Why? Helps to oxidize foods. Promotes healthy eyes and skin, especially around mouth and eyes. Prevents pellagra.

Where? Meats, especially liver and kidney, as well as milk, cheese, eggs. Dark green leafy vegetables. Enriched bread and cereal products. Almonds, dried peas and beans.

VITAMIN B_6

Why? Helps protein in building body tissues. Needed for healthy nerves, skin and digestion. Also helps body to use fats and carbohydrates for energy.

Where? Milk, wheat germ, whole grain and fortified cereals. Liver, kidney, pork and beef.

VITAMIN B_{12}

Why? Aids body in formation of red blood cells, as well as in regular work of all body cells.

Where? Lean meats, milk, eggs, fish, cheese, as well as liver and kidney.

FOLIC ACID

Why? Aids in healthy blood system, as well as intestinal tract. Helps to prevent anemia.

Where? Green leaves of vegetables and herbs, as well as liver and milk. Wheat germ and soybeans.

PANTOTHENIC ACID

Why? Aids in proper function of digestive system.

Where? Liver, kidney and eggs. Peanuts and molasses. Broccoli and other vegetables.

VITAMIN C (ASCORBIC ACID)

Why? Promotes proper bone and tooth formation. Helps body utilize iron and resist infection. Strengthens blood vessels. Lack of it causes bones to heal slowly, failure of wounds to heal and fragile vessels to bleed easily.

Where? Citrus fruits, cantaloupe and strawberries. Broccoli, kale, green peppers, raw cabbage, sweet potatoes, cauliflower, tomatoes.

VITAMIN D

Why? Builds strong bones and teeth by aiding utilization of calcium and phosphorus.
Where? Fortified milk, fish liver oils, as well as salmon, tuna and sardines. Also eggs.

VITAMIN E

Why? Needed in maintaining red blood cells.
Where? Whole grain cereals, wheat germ, beans and peas, lettuce and eggs.

IRON

Why? Used with protein for hemoglobin production. Forms nucleus of each cell, and helps them to use oxygen.
Where? Kidney and liver, as well as shellfish, lean meats, and eggs. Deep yellow and dark green leafy vegetables. Dried peas, beans and fruits. Potatoes, whole grain cereals and bread. Enriched flour and bread. Dark molasses.

CALCIUM

Why? Builds and renews bones, teeth and other tissues, as well as aids in the proper function of muscles, nerves and heart. Controls normal blood clotting. With protein, aids in oxidation of foods.
Where? Milk and milk products, excluding butter. Dark green vegetables, oysters, clams and sardines.

NIACIN

Why? Helps body to oxidize food. Aids in digestion, and helps to keep nervous system and skin healthy.
Where? Peanuts, liver, tuna, as well as fish, poultry and lean meats. Enriched breads, cereals and peas.

MAGNESIUM

Why? Aids nervous system and sleep.
Where? Almonds, peanuts, raisins and prunes. Vegetables, fruits, milk, fish and meats.

ZINC

Why? Needed for cell formation.
Where? Nuts and leafy green vegetables. Shellfish.

COPPER

Why? Helps body to utilize iron.
Where? Vegetables and meats.

PHOSPHORUS

Why? Maintains normal blood clotting function, as well as builds bones, teeth and nerve tissue. Aids in utilization of sugar and fats.
Where? Oatmeal and whole wheat products. Eggs and cheese, dried beans and peas. Nuts, lean meats, fish and poultry.

IODINE

Why? Enables thyroid gland to maintain proper body metabolism.
Where? Iodized salt. Saltwater fish and seafood. Milk and vegetables.

BIOTIN (VITAMIN H)

Why? Helps to maintain body cells.
Where? Eggs and liver. Any foods rich in Vitamin B.

SUBSTITUTIONS AND COOKING GUIDES

WHEN YOU'RE MISSING AN INGREDIENT . . .

Substitute 1 teaspoon dried herbs for 1 tablespoon fresh herbs.

Add 1/4 teaspoon baking soda and 1/2 cup buttermilk to equal 1 teaspoon baking powder. The buttermilk will replace 1/2 cup of the liquid indicated in the recipe.

Use 3 tablespoons dry cocoa plus 1 tablespoon butter or margarine instead of 1 square (1 ounce) unsweetened chocolate.

Make custard with 1 whole egg rather than 2 egg yolks.

Mix 1/2 cup evaporated milk with 1/2 cup water (or 1 cup reconstituted nonfat dry milk with 1 tablespoon butter) to replace 1 cup whole milk.

Substitute 1 package (2 teaspoons) active dry yeast for 1 cake compressed yeast.

Add 1 tablespoon instant minced onion, rehydrated, to replace 1 small fresh onion.

Substitute 1 tablespoon prepared mustard for 1 teaspoon dry mustard.

Use 1/8 teaspoon garlic powder instead of 1 small pressed clove of garlic.

Substitute 2 tablespoons of flour for 1 tablespoon of cornstarch to use as a thickening agent.

Mix 1/2 cup tomato sauce with 1/2 cup of water to make 1 cup tomato juice.

Make 1 cup of sour milk by letting stand for 5 minutes 1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup.

CAN SIZE CHART

8 oz. can or jar	1 c.
10 1/2 oz. can (picnic can)	1 1/4 c.
12 oz. can (vacuum)	1 1/2 c.
14-16 oz. or No. 300 can	1 1/4 c.
16-17 oz. can or jar or No. 303 can or jar	2 c.
1 lb. 4 oz. or 1 pt. 2 fl. oz. or No. 2 can or jar	2 1/2 c.
1 lb. 13 oz. can or jar or No. 2 1/2 can or jar	3 1/2 c.
1 qt. 14 fl. oz. or 3 lb. 3 oz. or 46 oz. can	5 3/4 c.
6 1/2 to 7 1/2 lb. or No. 10 can	12-13 c.

SUBSTITUTIONS

1 square *chocolate* (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
1 tablespoon *cornstarch* (for thickening) = 2 tablespoons flour (approximately).
1 cup sifted *all-purpose flour* = 1 cup plus 2 tablespoons sifted cake flour.
1 cup sifted *cake flour* = 1 cup minus 2 tablespoons sifted all-purpose flour.
1 teaspoon *baking powder* = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
1 cup *bottled milk* = 1/2 cup evaporated milk plus 1/2 cup water.
1 cup *sour milk* = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk.
1 cup *sweet milk* = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
1 cup *canned tomatoes* = about 1 1/3 cups cut-up fresh tomatoes, simmered 10 minutes.
3/4 cup *cracker crumbs* = 1 cup bread crumbs.
1 cup *cream, sour, heavy* = 1/3 cup butter and 2/3 cup milk in any sour milk recipe.
1 cup *cream, sour, thin* = 3 tablespoons butter and 3/4 cup milk in sour milk recipe.
1 cup *molasses* = 1 cup honey.

METRIC CONVERSION CHARTS FOR THE KITCHEN

VOLUME

1 tsp.	=	4.9 cc
1 tbsp.	=	14.7 cc
1/3 c.	=	28.9 cc
1/8 c.	=	29.5 cc
1/4 c.	=	59.1 cc
1/2 c.	=	118.3 cc
3/4 c.	=	177.5 cc
1 c.	=	236.7 cc
2 c.	=	473.4 cc
1 fl. oz.	=	29.5 cc
4 oz.	=	118.3 cc
8 oz.	=	236.7 cc
1 pt.	=	473.4 cc
1 qt.	=	.946 liters
1 gal.	=	3.7 liters

CONVERSION FACTORS:

Liters	X	1.056	=	Liquid quarts
Quarts	X	0.946	=	Liters
Liters	X	0.264	=	Gallons
Gallons	X	3.785	=	Liters
Fluid ounces	X	29.563	=	Cubic centimeters
Cubic centimeters	X	0.034	=	Fluid ounces
Cups	X	236.575	=	Cubic centimeters
Tablespoons	X	14.797	=	Cubic centimeters
Teaspoons	X	4.932	=	Cubic centimeters
Bushels	X	0.352	=	Hectoliters
Hectoliters	X	2.837	=	Bushels

WEIGHT

1 dry oz.	=	28.3 Grams
1 lb.	=	.454 Kilograms

CONVERSION FACTORS:

Ounces (Avoir.)	X	28.349	=	Grams
Grams	X	0.035	=	Ounces
Pounds	X	0.454	=	Kilograms
Kilograms	X	2.205	=	Pounds

EQUIVALENT CHART

3 tsp. = 1 tbsp.
2 tbsp. = 1/8 c.
4 tbsp. = 1/4 c.
8 tbsp. = 1/2 c.
16 tbsp. = 1 c.
5 tbsp. + 1 tsp. = 1/3 c.
12 tbsp. = 3/4 c.
4 oz. = 1/2 c.

8 oz. = 1 c.
5/8 c. = 1/2 c. + 2 tbsp.
7/8 c. = 3/4 c. + 2 tbsp.
16 oz. = 1 lb.
1 oz. = 2 tbsp. fat or liquid
2 c. fat = 1 lb.
2 c. = 1 pt.
4 c. sifted flour = 1 lb.

1 lb. butter = 2 c. or 4 sticks
2 pt. = 1 qt.
1 qt. = 4 c.
A Few Grains = Less than 1/8 tsp.
Pinch is as much as can be taken between tip of finger and thumb.
Speck = Less than 1/8 tsp.

WHEN YOU NEED APPROXIMATE MEASUREMENTS . . .

1 lemon makes 3 tablespoons juice
1 lemon makes 1 teaspoon grated peel
1 orange makes 1/3 cup juice
1 orange makes about 2 teaspoons grated peel
1 chopped medium onion makes 1/2 cup pieces
1 pound unshelled walnuts makes 1 1/2 to 1 3/4 cups shelled
1 pound unshelled almonds makes 3/4 to 1 cup shelled
8 to 10 egg whites make 1 cup
12 to 14 egg yolks make 1 cup
1 pound shredded American cheese makes 4 cups
1/4 pound crumbled blue cheese makes 1 cup
1 cup unwhipped cream makes 2 cups whipped
4 ounces (1 to 1 1/4 cups) uncooked macaroni makes 2 1/4 cups cooked
7 ounces spaghetti make 4 cups cooked
4 ounces (1 1/2 to 2 cups) uncooked noodles make 2 cups cooked.

MAKE 1 CUP OF FINE CRUMBS WITH . . .

28 saltine crackers
4 slices bread
14 square graham crackers
22 vanilla wafers

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